

On March 4th, Elect a Proven Fighter

Bob Chiarelli

Ottawa West-Nepean

Authorized by the CFO for the Bob Chiarelli Campaign



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Celebrity Buzz

Janet joins Jackson 5
pg 26



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3 in court after home invasion

CHARGES Three Toronto-area men jointly facing one count of first-degree murder after an Ottawa man was killed in a home invasion early Monday morning appeared in court here yesterday.

Kristopher Allan Mclellan, 20, Dylan Tyrone Barnett, 19, and Kyle Mullen, 19, appeared in court one day after 19-year-old Michael Swan was killed. An autopsy revealed that he died as a result of a gunshot wound. He was the city's third homicide of 2010.

TRACEY TONG/METRO OTTAWA

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3



Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.
• Today — Own the Podium got lost in translation, Scott Russell says, page 13



Profiles In Success

Career colleges offered Cheryl Gushue specific learning as a world-travelling designer, makeup artist and stylist, page 19



On the web

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Ashleigh McIvor, of Whistler, B.C., celebrates after winning the gold medal during the women's ski cross competition at Cypress Mountain in West Vancouver, B.C., yesterday. McIvor is the first Olympic women's ski cross champion. The event is making its debut at the Games. More coverage, page 13

Snow and Gold

Day 12 adds medal, sends Team Canada to quarter final

A gold medal, a men's hockey win and snow at Cypress Mountain: If yesterday in Vancouver were a Johnny Carson routine, the question in the envelope would read, "Name three things Canada expected to see more of by now."

Pioneering extreme skier Ashleigh McIvor, of Whistler, B.C., embraced woolly, white-out conditions at Cypress, soaring into Olympic lore as the world's first gold medalist in the high-drama thrill ride that is women's ski cross.

The victory gave Canada six gold medals, along with four silver and one bronze.

What is ski cross?

• Races transpire on a course that's like a motocross track on the side of a mountain. Four skiers bash elbows and catch

Less of a thrill ride, but a relief nonetheless was Team Canada's convincing 8-2 win over Germany, which included two Jarome Iginla goals and a respectable performance from Roberto Luongo, taking over from Martin Brodeur as starting goaltender.

The victory delivers Canada to a more compelling — and infinitely more challenging — must-win quarter-final today against Russia, which eliminated Canada from the 2006 Games in Turin with a 2-0 victory in the quarter-finals.

massive air as they rip down a lane littered with huge jumps and turns. First over the line is the winner.

At the Whistler Sliding Centre, Canadian bobsledder Kaillie Humphries broke the track record to take the lead after the first two runs in women's bobsled.

Humphries, from Calgary, and brakeman Heather Moyse of Summerside, P.E.I., led both heats at a top speed of 146.9 kilometres an hour. Calgary's Helen Upperton, with Shelley-Ann Brown on the brakes, was fourth, just 42 one-hundredths of a second back in the 21-sled field.

VANCOUVER 2010 Games

Yesterday's most emotional moment promised to be the competitive debut of Joannie Rochette, 24, of Ile-Dupas, Que., who persisted in her bid for an Olympic medal despite the sudden death on the weekend of her 55-year-old mother Therese.

THE CANADIAN PRESS

Documents reveal CSIS trip likely led to abuse

REPORT Newly released records say Canada's spy agency travelled to Egypt to get information from a Toronto man, likely contributing to his mistreatment by authorities there.

The previously unknown visit by Canadian Security Intelligence Service officers became public yesterday as a federal commission disclosed once-secret pages of an inquiry report on the overseas torture of Ahmad El Maati and two other Arab-Canadians.

The Harper government and commission lawyers squabbled for more than a year about the sensitive portions of the report, which the government balked at making public due to national security concerns.

In his report released in October 2008, former Supreme Court justice Frank Iacobucci found that Canadian officials were likely partly to blame for the torture of El Maati, Abdullah Almalki and Muayyed Nureddin by sharing information — including unfounded accounts of extremism — with foreign agencies.

The men, all of whom deny involvement in terrorism, were abused in Syrian prison cells.

El Maati, 45, was tortured by Egyptian captors as well. At a news conference yesterday, the former truck driver told of being blindfolded, handcuffed and zapped in the hands, back and genitals with electric shocks.

The torture left El Maati barely able to walk a city block. He has undergone several operations.

"My whole life is completely destroyed," he said.

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Two men, one minor charged in robbery try

ARRESTS Ottawa police charged three males following an attempted robbery at the Giant Tiger on Dumaaurier Avenue Monday.

Police said yesterday three people confronted an employee and a delivery person at the rear entrance of the store, demanded money and attempted to enter the business. One of them was armed with a large knife.

They were unsuccessful in their attempts and fled in a vehicle.

A female store employee suffered minor injuries.

Police arrested three males without incident a short time later.

Abdulrahman Al-Shammari and Ali Orman, both 18, of Ottawa, were charged with two counts of attempt robbery and conspiracy to commit an indictable offence, among other charges.

Police have also charged a young offender.

TRACEY TONG/METRO OTTAWA

News in brief

FRAUD SUSPECT Ottawa police seek a suspect after a fraud under \$5,000 was reported last month. On Jan. 21, the suspect met with the victim at an area Tim Hortons to purchase an expensive camera. Police said the suspect then provided the victim with a fraudulent money order.

METRO OTTAWA

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What's online today.

Blogs SpinDoctor can't resist the bizarre sight that was Tiger Woods' televised apology. **Play** free online Sudoku daily.

Lotteries

Ontario Pick 3: 056; Ontario Pick 4: 5192
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Aviation Day focuses on future growth

Aerospace industry facing 'shortage in skilled trades,' experts tell students

TRACEY TONG
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The aviation and aerospace sectors are constantly evolving and growing.

With workers expected to retire in coming years with not enough young people to replace them, experts and industry employers gathered at the Canada Aviation Museum yesterday to inform young people of their options on National Aviation Day.

"There is always something that's going to be evolving, especially now with the greening of technologies," said museum spokesperson Elizabeth Mil-

laire. "This is really an opportunity to break new frontiers and set new paths for aviation and aerospace."

Surrounded by over 140 aircraft spanning from the pioneer era to modern jets, presenters and exhibitors, including former Canadian Space Agency astronaut Bjarni Tryggvason, celebrated the history and future of flight.

The event was "to highlight where aviation is going," said Millaire.

Based on information gathered from industry employers, "there's going to be a shortage in skilled trades in all of aerospace over the next few years," said Bruce Dwyer, who looks after the aviation programs at Algo-



Canada Aviation Museum spokesperson Elizabeth Millaire explains how the Canadair CT-114 Tutor, a retired trainer used by the Canadian Air Force, works to Ridgemont High School students Muti Elmi, front, and Gulle Hashi yesterday.

nquin College.

This includes commercial pilots, aircraft maintenance engineers and assembly workers.

"We have the same issues as in a lot of the skilled trades," he said. "It's very important that we keep the message out there, that we

keep promoting events like National Aviation Day to create an awareness of our industry in Canada. This is an industry in Canada that's growing. Aerospace is an industry that is highly regarded worldwide and Canadian manufacturing is some of the best in the world."

OPP Const. Sylvie Coté showed different applications for careers in aviation. Officers in aviation positions with the OPP support special units, transport personnel and prisoners and perform searches, among other duties, she said.

A retired Canadian Forces Spenser reconnaissance aircraft used by the Canadian Forces in Afghanistan was also unveiled yesterday.

Coun. fears legal fights, seeks reset of boundary

CITY Faced with the prospect of "horrendous legal costs" to fight 29 different appeals to city council's decision to limit urban boundary expansion, a city councillor is calling for the boundary to be reset to the initial size.

In a narrow vote last June, city council rejected a proposed 842-hectare expansion of the urban boundary, opting for 222 hectares over the next five years.

College Ward Coun. Rick Chiarelli has a motion at city council today to return the urban boundary to the proposed size.

He said there is a winnable case for freezing the boundary, and there is a

winnable case for going with the staff recommendation of 842 hectares, but building a case to defend the 222-hectare position at the Ontario Municipal Board would be horrendously expensive, and likely futile.

However, Ecology Ottawa is urging councillors not to expand the boundary.

"Any legal costs associated with fighting a battle at the OMB are likely to be insignificant compared to the long-term financial and environmental costs to the city of all this potential sprawl," said Ecology Ottawa steering committee member Ian Thomson.

TIM WIECLAWSKI/METRO OTTAWA

Orleans cow gets reprieve

SIGNAGE The cow can stay on the roof, at least until the end of the year.

In response to public outcry over an order to remove a life-sized cow statue from the roof of a cheese shop in Orleans, the city's planning and environment committee unanimously approved a motion to review the city's signage bylaw yesterday.

The motion from Orleans Coun. Bob Monette includes a provision to allow the cow to stay on the roof until the review is completed prior to Dec. 31.

Jacques Leury, the manager of Cheddar Et Cetera,

said the cow makes it easy to find the store, and was part of its tradition. The store represents 40 farmers from eastern Ontario.

Leury and many supporters attended the meeting expecting to have to fight, but were happy to take yes for an answer.

Since the review is unscheduled, the bylaw department is estimating that it will cost \$20,000 to hire outside consultants to do the work. That money would come from the city's building code services funds.

TIM WIECLAWSKI/METRO OTTAWA



Ciarran Flannery, associate producer of British television network show Human Planet, poses as a city public works crew prepares to cut and remove large pieces of ice from the Rideau River under the Union Street Bridge in preparation for blasting on Saturday.

U.K. TV doc filming ice blastings

ENVIRONMENT For nearly 130 years, explosions on the Rideau River have heralded the end of winter.

The city has been blasting the ice as part of its annual pre-spring flood control operations since the 1880s.

This Saturday, for the first time in history, the blasting and ice breaking work will be recorded by camera crews filming for the British television documentary Human Planet.

Human Planet examines how people around the world interact with different environments.

Ottawa will be featured in an episode focusing on human interaction with rivers, along with sequences from

Assisting nature

- Only the section between the Rideau Falls and the Union Street bridge is blasted. Ice on the rest of the river is broken up by an ice-breaking boat called the Amphibex, which has allowed the city to reduce the need for explosives from 8,000 kg to as little as 700 kg per season to break up the 9 km stretch of the river from Hog's Back to the Rideau Falls.

Laos, India, Brazil and Africa.

Ottawa is unique in that "it's the only story we are doing that shows how people in an urban environ-

ment deal with the changing face of a river," said Human Planet's associate producer Ciarran Flannery.

Flannery said his producers in Britain couldn't believe that blasting would happen in such a central location that is so close to Rideau Hall and the prime minister's residence.

"It's something that folks in Ottawa take for granted, but everybody in the U.K. is really impressed with what happens here," he said.

Public works crews were cutting large keys — which reduce the amount of explosives needed when blasting begins on Saturday — into the ice yesterday.

TIM WIECLAWSKI/METRO OTTAWA

James O'Grady is the fifth candidate to jump into the race for the Knoxdale-Merivale council seat while University of Ottawa law student André Brazeau has registered in Rideau-Vanier Ward. **METRO OTTAWA**

Locals race through Patagonia

TRACEY TONG

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Earlier this week, Ottawa resident Andrew Cameron came home from his vacation exhausted, sore and worse for the wear.

But if you ask the 29-year-old how his adventure race in Chilean Patagonia went, he'll tell you he'd do it again.

Along with teammates

James Galipeau of Ottawa and Harper Forbes and Denise Rispolie of the GTA, Cameron was part of the only Canadian team in this year's Patagonian expedition race — an eight-day adventure race consisting of mountain biking, trekking, ocean kayaking, rappelling and traversing — which is known as one of the toughest wilderness races in the world.

Cameron got into adven-

ture racing about 10 years ago when he did his first 36-hour race.

"I've been hooked since," he said. "It was that sense of accomplishment and pushing your limits beyond what you thought was possible."

The Patagonia race is arguably the most remote race in the world, said the wind energy engineer.

"Most races tend to be in more built-up areas, but for

this race, there was no one around.

"This makes it harder, because there are no trails to follow, no stores along the way to buy food, no one to help you navigate," he said. "It's just you and your teammates against the elements for eight days."

The team raced in high winds and a snowstorm during the "epic" race, which included a 21-kilometre beach run, about 300



Andrew Cameron recently finished an adventure race in Chilean Patagonia, which is known as one of the toughest in the world.

km on bike, a 54-km ocean kayak and about 200 km on foot. They slept about 12 hours in total and finished sixth out of 14 teams.

Still, he can see why off-road races are gaining popularity among Ontarians.

"It's beyond worth it," he said.

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Ontario is looking at cashing in on Internet gambling, following the lead of other Canadian provinces in having its lottery corporation possibly deliver online wagering. Virtual gambling is a reality and the Ontario government obviously cannot ignore it for long, said Premier Dalton McGuinty. **THE CANADIAN PRESS**

Canada



Expert pans Williams surgery

A leading expert on heart repair says he would rarely recommend the type of heart surgery Newfoundland and Labrador Premier Danny Williams, left, received earlier this month at a Miami hospital because its only long-term benefit is cosmetic. Dr. Thierry Mesana, chief of cardiac surgery at the University of Ottawa Heart Institute, says he would offer the "minimally invasive" procedure only to young women hoping to avoid a chest scar. **THE CANADIAN PRESS**

Business tax cuts to stay: Officials

Feds to look at spending cuts to rein in deficit

Faced with skyrocketing debts, the federal Conservatives say they will begin cutting spending on government programs in the March 4 budget. But the massive corporate tax cuts that are deepening Ottawa's deficit hole every year will not be touched, officials say.

Despite a record annual budget deficit of \$56 billion, Finance Minister Jim Flaherty will look elsewhere to try to start putting the federal government's financial house back in order.

In fact, the government is expected to continue phasing in deeper business tax reductions over the next few years.

In all, between 2008 and 2014, these cuts are reducing the cash-strapped federal government's tax take by

NDP response

• The NDP says that, as a result of 10 years of cutting corporate taxes, individuals are carrying 61 per cent of the cost of government programs, while corporations now pay only 15 per cent.

a cumulative \$60 billion.

While these major tax savings for business have attracted little public attention, they are an important factor in the financial mess that has arisen since Prime Minister Stephen Harper's Conservatives took power.

Without the corporate tax reductions brought in by Flaherty since 2006, the \$160-billion cumulative budget deficit being run up by 2014 would be reduced by more than one-third —

to about \$100 billion.

There have been ripples of concern on Bay Street that corporate tax breaks would offer a tempting target for a deficit-burdened finance minister. In a research report last month, BMO Capital Markets analysts noted that the Harper government has been reducing taxation of corporate profits "with the objective of improving productivity and being globally competitive."

TORENT NEWS SERVICE

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A Quebec singer beaten unconscious by strangers blasts drunken tourists from English Canada. Scan this code for the story.

Justice minister Feds limit pre-trial custody credit



Federal legislation limiting the amount of credit prisoners can get for time served in custody before and during their trial has become law, Justice Minister Rob Nicholson announced yesterday.

'I Believe' there is a problem

GRAMMAR It has become as emblematic and familiar to TV viewers of the 2010 Winter Games.

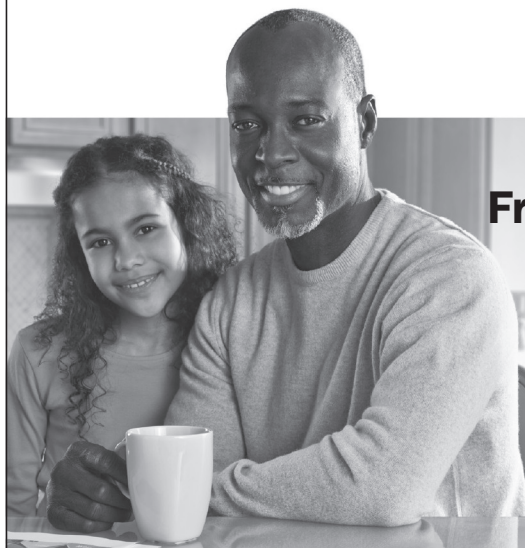
But that musical phenomenon known as I Believe may in fact provide the true legacy of the Games: bad grammar. "I believe in the power of you and I," 16-year-old Nikki Yanofsky sings.

"Of course, we grammarians know that the words should be 'believe in the power of you and me' since 'of' is a preposition and takes an object," says Joanne Buckley, a professor at McMaster University in Hamilton, and one of the country's pre-eminent grammarians.

THE CANADIAN PRESS

News in brief

MURDER The mother of two little boys found dead in the bathtub of their home has been charged with their murder. RCMP say Allyson McConnell, who is now in custody in a medical facility under 24-hour watch, faces two counts of second-degree murder in the deaths of 10-month-old Jayden and his 2 1/2-year-old brother Connor. **THE CANADIAN PRESS**



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Officials urge Albanians to co-operate with investigation into organ harvesting claims

A UN human rights expert is urging Albania to fully co-operate with a probe into claims Serb civilians were killed for their organs during the 1999 war in Kosovo. **THE ASSOCIATED PRESS**

7

World

NATO chief apologizes

McChrystal goes on Afghan TV in attempt to regain trust

The commander of U.S. and NATO forces went on Afghan national television yesterday to apologize for a deadly airstrike, an extraordinary attempt to regain Afghans' trust while a mass offensive continues against the Taliban in the south.

In a video translated into the Afghan languages of Dari and Pashto, a stern Gen. Stanley McChrystal apologized for the strike in central Uruzgan province that Afghan officials say killed at least 21 people. The video was also posted on a NATO website.

"I pledge to strengthen our efforts to regain your trust to build a brighter future for all Afghans," McChrystal said in the video. "I have instituted a thorough investigation to prevent this

from happening again."

Sunday's attack by NATO jets on a convoy of cars was the deadliest attack on civilians in six months and prompted a sharp rebuke from the Afghan government.

The civilian deaths occurred as 15,000 NATO, U.S. and Afghan soldiers were in their 10th day of fighting insurgents in the town of Marjah. A Romanian soldier was killed yesterday and another was wounded in a bombing in southern

Afghanistan unrelated to the offensive, Romanian officials said. Two U.S. Marine battalions, accompanied by Afghan troops, pushing from the north and south of the insurgent stronghold finally linked up after more than a week yesterday, creating a direct route across the town that allows convoys to supply ammunition and reinforcements.

Although the airstrike was not related to the Marjah offensive, civilian casualties undermine NATO's goal of turning back the Taliban and restoring the Afghan people's confidence in their own government — one of the main objectives of the southern operation that hopes to rout the Taliban, set up a local government and rush in aid.

THE CANADIAN PRESS

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A crowd of evangelicals attacked Voodoo practitioners as rising religious strife adds to Haiti's woes. Scan this code for the story.

India Sikhs protest murders



A Sikh man protests against the Taliban and Pakistani government in Jammu, India, yesterday. The protest took place after the decapitated bodies of two Sikhs were found almost a month after they were kidnapped in Pakistan's Khyber tribal region.

Gates says Europe hindering NATO

WASHINGTON Europeans' aversion to military force is limiting NATO's ability to fight wars effectively, U.S. Defence Secretary Robert Gates said yesterday.

The early successes of NATO in averting post-Second World War eruptions of European conflict have led to a new set of concerns, Gates said.

"The demilitarization of Europe — where large swaths of the general public and political class are averse to military force and the risks that go with it — has gone from a blessing in the 20th century to an impediment to achieving real security and lasting peace in the 21st," he told an audience from many of NATO's 28 member countries. The danger, he added, is that potential future adversaries may view NATO as a paper tiger.

THE ASSOCIATED PRESS

Where planes go to die: Now visible to all

ARIZONA From far above it looks a bit like an impressionist painting — all dots, crosses and lines. But take a second look and it becomes a picture of thousands of retired aircraft.

For the first time ever Google Earth has released high-resolution pictures of "The Boneyard" — the

world's largest military aircraft cemetery adjacent to the Davis-Monthan U.S. Air Force Base in Tucson, Ariz. Officially it is called the 309th Aerospace Maintenance and Regeneration Group (AMARG) facility. It covers about 2,600 acres and is home to 4,400 retired aircraft from all branches of

the U.S. military, including U.S. planes flown during the Second World War, and 13 aerospace vehicles.

The site has been called The Boneyard because the folks at AMARG are responsible for reclaiming spare parts and the eventual disposal of spent airframes.

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Comment & Views

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Comment

Canadians own Games

TheWestView

Paul Sullivan

metronews.ca/thewestview

The media, me included, never saw it coming.

It took a long time for us to recognize it, though we were all sniffing around looking for The Olympic Story like hungry hounds for a ham bone.

I knew something was up as I walked to my downtown Vancouver office on the second morning of the Games: There was a lineup in front of what is usually the SFU Business School, now transformed into the Canada Mint Pavilion.

It was 8 a.m., yet there were hundreds, even thousands, of people standing in line waiting for ... something.

It took the media a couple of days to figure it out ... were they in line to buy commemorative coins? No,

it turns out they lined up just to touch an Olympic medal.

Huh?

And if you think waiting for up to seven hours just to touch a medal is strange, there are people lined up for all kinds of weird and wonderful things in this Olympic-besotted city: Buy a pair of Olympic mittens; get an unobstructed view of the Olympic torch;



buy a \$9 beer at a pavilion; ride the zipline across Robson Square; ride the Canada Line; or buy the culinary street sensation of these Games: The Japadog, a bizarre concoction of bratwurst, seaweed and wasabi that enjoys inexplicable multicultural appeal.

And that, folks, is The

VANCOUVER 2010 Games

Story. The "people" have redeemed these Games.

Instead of joining the anvil chorus of Olympic scolds, people just decided to celebrate.

They parted company with the media right from the opening ceremonies, when all we saw was mechanical failure. They saw magic. We saw the mess up at Cypress Bowl. They went and cheered their champions, lustily exhorting them to go ahead, own the podium; don't be shy. We saw the oppressive boot of VANOC land on unauthorized Olympic marketers. They went out and bought every

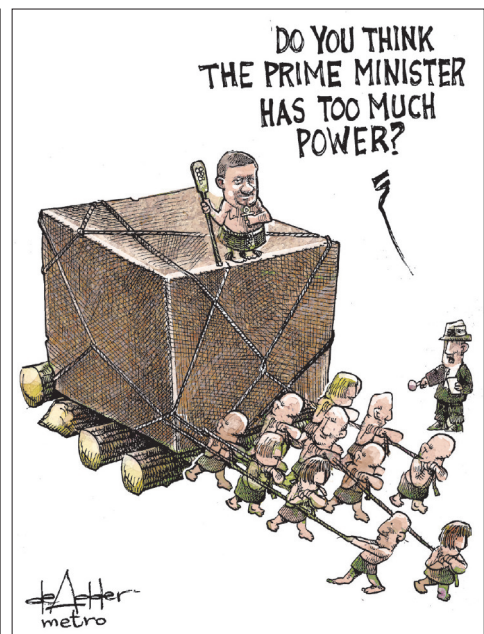
single piece of official Olympic gear available, including more than three million pairs of red mittens. Even the lions guarding the entrance to the Lions Gate Bridge have their own, super-size red mittens.

We were in denial, but they were irrepressible. And they won. These Olympics are a success because ordinary Canadians embraced them and infused them with enough good cheer to vanquish any residual gloom. They have set the bar for successive Olympic crowds. The U.S. may own the podium, but Canada owns the stands. And the streets.

As a charter member of the anvil chorus, I admit defeat. We spent six billion bucks on the stupid Olympic Games. And to our surprise, we got a huge shot of grassroots national unity as a bonus. This city, this nation, will never be the same.

With five days left, what can I say? Go Canada Go.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; paulsullivan@metronews.ca



Worth mentioning

Average Canadian lifespan rises: Study

The gap between men's and women's life expectancy is narrowing as the average lifespan creeps ever higher in Canada, a new study indicates.

Life expectancy for a baby born in the three-year period from 2005 to 2007 has reached 80.7 years, says the study released yesterday by Statistics Canada. That's up from the average of 80.5 between 2004 and 2006, and 78.4 a decade earlier.

"Obviously, it's good news that life expectancy is increasing," said Dianne Groll, an assistant professor in the department of psychiatry at Queen's University in Kingston, who uses the figures in her work as an epidemiologist.

"It's not a huge increase. It's a trend that's been continuing for a while, but you wouldn't want to see it go the other way."

Gains during the past decade were strongest among men, although women still live the longest. Men's life expectancy at birth rose 2.9 years to 78.3 in 2005-07, while among women it increased by 1.8 years to 83.

And those fortunate enough to have made it to age 65 — having avoided succumbing to illness or other life-ending calamities — have an even longer expected average lifespan, according to the report, perhaps making easier the calculations for Canadians contemplating how much to sock away in their registered retirement savings plans.

"For both sexes, if you reach age 65 you can expect to live about 20 years," Statistics Canada senior analyst Shiang Ying Dai said in an interview.

THE CANADIAN PRESS

Word on the street: Has Canada's image been tarnished by foreign criticism of the Vancouver Olympics?

Andrea Mielke

Visiting Ottawa

A: No, I don't think it is ruined, but it does seem silly to have the Olympics in a province that has no winter.

Ally Nephin

Visiting Ottawa

A: No, because they're always finding something to complain about.

Fahé Villeneuve

Visiting Ottawa

A: I don't think it's tarnished. It might have been at first with the (luge) accident, but tourists have been enjoying the mild weather.

Vikki Wishart

Vancouver

A: The energy has been nothing but positive. I don't know what's going on out there, but here, people are very happy and the energy level is very high.

Jan Arciszewski

Vancouver

A: That's the thing about Canadians, we don't care. I mean, let's go have a beer, it doesn't have to be perfect.

Jordan Walker

Halifax

A: That kind of thing goes along with each Olympics. I think for me and most people I've talked to it's actually boosted our patriotism.







Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bonuses top \$20B, says N.Y. official

Wall Street bonuses were up 17 per cent to over \$20 billion US in 2009, the year U.S. taxpayers bailed out the financial sector after its meltdown, New York state Comptroller Thomas DiNapoli said yesterday.

Total compensation at the largest securities firms grew beyond that figure and profits could surpass what he calls an unprecedented \$55 billion last year, DiNapoli said. That's nearly three times Wall Street's record increase, a rate of growth that is boosted in part by the

And there's more

- The bonus estimate doesn't include compensation that Wall Streeters chose to take in stock options and other kinds of deferred payment.

record losses in 2008 of nearly \$43 billion, the Democrat said.

"Wall Street is vital to New York's economy, and the dollars generated by the industry help the state's bottom line," said DiNapoli. "But for most

Americans, these huge bonuses are a bitter pill and hard to comprehend ... Taxpayers bailed them out, and now they're back making money while many New York families are still struggling to make ends meet."

DiNapoli supports reforms that require Wall Street bonuses to be tied to long-term profitability, to force more stability in the volatile markets and "make sure the securities industry thrives without driving the rest of us."

THE ASSOCIATED PRESS



NOTICE OF DISCONTINUANCE OF RAILWAY LINE

In accordance with Section 143 (1) of the *Canada Transportation Act*, notice is hereby given that Canadian National Railway Company (CN) intends to sell its ownership and operating interest in the railway line described below or to discontinue operating the railway line if it is not transferred.

Beachburg Subdivision in the Provinces of Ontario and Quebec
from a point near Nepean, Ontario (Mile 14.50 Beachburg Subdivision)
to a point near Portage-du-Fort, Quebec (Mile 59.40 Beachburg Subdivision)

— and —

from a point near Portage-du-Fort, Quebec (Mile 59.40 Beachburg Subdivision)
to a point near Pembroke, Ontario (Mile 88.70 Beachburg Subdivision)

Parties interested in acquiring this railway line for the purpose of continuing railway operations must make their interest known in writing by May 17, 2010. Correspondence should be forwarded to:

John Brayley
Manager, Network Strategies, CN
935 de La Gauchetière Street West
Montreal, Quebec H3B 2M9
Tel: 514-399-5386 • Fax: 514-399-8823

with a copy to the undersigned.

Expressions of interest and proposals are subject to CN standard conditions for acquiring railway lines (available upon request).

If by May 17, 2010 no party has made its interest known, or if no agreement has been entered into within six (6) months following this date, the railway line will be offered to the federal and provincial governments, to the urban transit authority, and to the municipal or district governments through whose territory the railway line passes. Each will have thirty (30) days to accept the offer. If no agreement is entered into, operations on this railway line will cease.

Jean D. Patenaude
Assistant General Counsel
Law Department, CN
935 de La Gauchetière Street West
Montreal, Quebec H3B 2M9

www.cn.ca

California Shaky confidence



A shopper passes by an advertisement at NewPark Mall in Newark, Calif., in this file photo. A monthly poll shows U.S. consumers' confidence took a surprisingly sharp fall in February amid rising job worries.

Restore confidence, Japan tells Toyota

RECALL HEARINGS Japanese Cabinet ministers called yesterday for Toyota to use high-profile congressional hearings in Washington to restore consumer confidence in the key U.S. market.

Top Toyota officials were scheduled to answer questions from committees in the House of Representatives beginning yesterday. Akio Toyoda, Toyota's president and grandson of the company founder, is scheduled to appear today.

The world's top automaker is facing an unprecedented crisis over its massive recalls of vehicles due to defects involving floor mats, gas pedals and brakes that have called into question its reputation for quality and safety honed over decades.

"Toyota is a company



Rhonda Smith of Sevierville, Tenn., wipes her eyes as she talks about her experience with her Lexus' apparent sudden acceleration, while testifying before the House Oversight and Investigations subcommittee hearing on Toyota, yesterday.

that has always put safety first," Trade Minister Masayuki Naoshima told reporters after a Cabinet meeting.

"I hope its explanation will help the U.S. public understand this."

Naoshima also said that Toyota must ease concerns among American consumers.

"Regaining trust is the most important thing for Toyota," he said.

THE ASSOCIATED PRESS

George Weston touts \$82M in profits

EARNINGS Canadian bakery and grocery giant George Weston Ltd. says its net earnings were \$82 million in the fourth quarter, as sales dipped 6.4 per cent over the same time last year.

The company said its profit amounted to 53 cents per share for the period ended Dec. 31, compared with earnings of \$2.69 per share, or \$405

million, a year earlier when it booked gains from the sale of its Neilson Dairy business.

George Weston, which controls grocery retailer Loblaw Cos. in addition to various food producing businesses, sold the Neilson Dairy business to Montreal-based Saputo Inc. for \$465 million in November 2008.

THE CANADIAN PRESS

In brief

RETAIL Sears Canada Inc. says it had a \$128.2-million profit in its most recent quarter. The Toronto-based retailer's revenue fell, however, to \$1.525 billion — a decline of \$91 million. **THE CANADIAN PRESS**

m.metronews.ca



PGA officials play down Tiger's absence from the tour as merely a "speed bump" for revenues. Scan this code for the story.

By the numbers

According to TD Waterhouse's ninth annual female investor poll, 36 per cent contribute regularly to an RRSP. **METRO NEWS SERVICES**

11

RRSP Guide



Don't forget

The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have five days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Time left to invest before deadline



If you haven't saved enough cash to put into your RRSP but you have outside investments, you can move a portion of those into your RRSP accounts, financial experts suggest.

RAFAEL BRUSILOV
for Metro Canada



The March 1 RRSP contribution deadline is almost upon us, and if you've procrastinated this far, you're probably sweating a bit.

Not to fear, you still have a few options left to make sure your money makes it into your RRSP account to get you those valuable tax savings.

David Sokolan, a financial adviser with Edward Jones in Edmonton, says the most important thing at the last minute is to get your money into an RRSP account, ideally in cash so that you don't buy anything you're not ready for. Once the deadline passes, you can sit down with your adviser at a more opportune time to

"Don't go out and buy something that you don't really understand." David Sokolan

plan out an investment strategy.

"If you're in a big hurry, you can park your money in cash for now. All you have to do is put money into the RRSP account and a contribution slip is generated," he said. "Don't go out and buy something that you don't really understand because it's easy to get into investments but always harder to get out."

Make sure to get a notice of assessment first so that you'll know exactly how much room you have to contribute, as going over your limit can be painful.

"If you over-contribute to your RRSP, it will cost you

extensive time and money to sort it out," Sokolan said.

If you already have an RRSP account set up, you can do an online deposit of cash right into your RRSP account, a good option for people lost for time.

If you haven't saved enough cash to put into your RRSP but you have outside investments, Sokolan suggests you move a portion of those into your RRSP accounts and they will count as a contribution just as money would.

Lastly, cashable GICs can be a good option if you don't want your money just sitting around in the RRSP but don't want to commit it

too strongly — most are cashable in 30-60 days and generate interest up to the date you cash them.

Whatever you do, don't expect miracles to happen at the last minute, says Tom Hamza, president of the Investor Education Fund.

"It's like exercise — if you think that at the last day of RRSP season you can go out and run a marathon, you'll hurt yourself. It's something you have to plan for," Hamza said.

Don't dwell on past mistakes — a new day is a new chance to get back on track with your goals.

"Don't look back, look forward. There's no point in beating yourself up — but there is a point in acting, and we can all change what we do for the future," Hamza said.

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Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

One athlete knows what Rochette is going through

GRIEF If anyone knows how difficult a task Joannie Rochette has set for herself, it's Dan Jansen.

The dominant long-track speedskating sprinter of his era, Jansen raced in the Calgary Olympics within hours of learning his older sister, Jane, had lost her battle with leukemia.

Twenty-two years later, his voice sounds pensive when he's asked how someone prepares to do what Rochette will attempt today — deliver an Olympic-calibre performance while in the earliest stages of coming to grips with the sudden death of her mother, Therese.

"It's an interesting question because I obviously couldn't do it. I thought I could," Jansen said in an interview with The Canadian Press.

When the American, in Vancouver as a commentator for NBC Sports, heard Rochette's mother had died suddenly overnight Sunday, he reached out by email to the Canadian figure skat-

ing champion "just letting her know that there's a lot of support and prayers for her."

"For me it was hard," Jansen said of his decision to compete after his sister's death.

"It was a feeling of not being sure if I should be out there. I was a bit torn, although I knew it was what my sister wanted and my family wanted and I wanted. But I was still a bit torn, deep down."

Rochette has made the decision to follow the same path. And those, like Jansen, who know what it takes say she will have to dig deep to get through an Olympic competition in what must be one of the most trying weeks of her life to date.

She needed to draw on the skills of concentration and compartmentalization that athletes train to develop, says Penny Werthner, a sports psychologist who works with Canadian athletes on the women's hockey team and the moguls teams.

THE CANADIAN PRESS



Joannie Rochette

Auf Wiedersehen, Germany

Canada stays alive to face Russia today in quarter-finals

Jarome Iginla had two goals and Roberto Luongo picked up the easy win in his first action since he was tabbed as the starting goaltender as Team Canada thumped Germany 8-2 in an elimination hockey game last night at the Vancouver Olympics.

A much tougher must-win awaits today when Canada faces Russia and its array of scoring stars in the quarter-finals.

"They're a great team, but so are we," said Canada's Shea Weber, who scored against the Germans.

The Russians eliminated Canada from the 2006 Games in Turin with a 2-0 victory in the quarter-finals, but this time the game is on Canadian ice at Canada Hockey Place.

"It's going to be intense," said Canadian star Sidney Crosby. "We've got a tough game tomorrow. That's a big rivalry, we all know it."

Crosby missed on a penalty shot, but scored a third-period goal, while Eric Staal responded to being put on the top line with Crosby and Iginla with three assists. Weber, Joe



Canada's Joe Thornton, right, celebrates his first-period goal last night against German goaltender Thomas Greiss with teammates Drew Doughty and Dany Heatley. Canada won 8-2.

Thornton, Mike Richards, Scott Niedermayer and Rick Nash also scored.

Marcel Goc and Manuel Klinge replied for Germany, which was eliminated from the Olympics.

Luongo, who shut out

Norway in Canada's opening game, took over as the starter from struggling veteran Martin Brodeur.

"It's a big stage. The nerves are there, but I think it's a good thing," Luongo said when asked if he

had any butterflies.

"It gets the adrenaline going, gets you sharper and more focused. I had a lot of fun out there tonight and I'm sure I'll have a lot more fun tomorrow."

THE CANADIAN PRESS

Moir provides comic relief after tough days for Canada

ICE DANCING Scott Moir should take that act on the road.

The male half of Canada's Olympic champion ice dance team had them rolling in the aisles the morning after he and Tessa Virtue triumphed in the free skate at Pacific Coliseum.

The 22-year-old from Ilderton, Ont., is known as a prankster. Despite a near-sleepless night, Moir kept the one-liners coming yesterday morning in the Canadian Olympic Committee's daily briefing at the Main Press Centre.

It was welcome relief for Canadian team officials who had been delivering bad news the two previous days: Conceding Canada couldn't top the medal table at its own Games; and the death of figure

skater Joannie Rochette's mother.

Chris Rudge, the CEO of the COC, and everyone assembled roared at Moir's take on everything from his call from Prime Minister Stephen Harper to smooching the ice after the free skate.

"Tessa was in doping and I was just kind of hanging out waiting," Moir said. "I always wanted to kiss the rings. I got down on my knees and thanked whatever powers were in that rink and gave us such strong performances."

"I think I French-kissed the ice. I was there for so long, my face was wet."

It was a toss-up for Moir on which was more thrilling, a call from Harper or Edmonton Oilers coach Pat Quinn.

THE CANADIAN PRESS

METRO HOCKEY POOL STANDINGS

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NAME	LOCATION	GP	G	A	PTS
1. Brian B	A, CA	887	376	525	901
2. Jonathon Gremesperger	B, CA	887	376	517	893
3. Shawn Schritter	A, CA	882	364	524	888
4. Stephanie Warren	N, CA	864	369	516	885
5. Christian Gagnon	N, CA	839	355	524	879
6. Kyle Turk	N, CA	890	370	503	873
7. Dennis MacDougall	N, CA	860	360	511	871
8. Cole Warren	N, CA	872	330	536	866
9. Bernie Horton	O, CA	826	359	505	864
10. Joanne Doiron	N, CA	832	349	513	862
11. Blaine Schlechter	A, CA	852	350	509	859
12. Jordan Camponi	A, CA	838	336	521	857
13. Jean-Paul Osborne	Q, CA	877	350	505	855
14. Grant Greenfield	A, CA	849	380	474	854
15. Darrick Bowden	N, CA	848	338	513	851

* Results exclude Quebec

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VANCOUVER GAMES

MedalCount

NATION	Gold	Silver	Bronze	TOTAL
U.S.	7	8	10	25
Germany	7	9	6	22
Norway	6	5	6	17
Russia	3	4	6	13
Canada	6	4	1	11
South Korea	5	4	1	10
France	2	3	5	10
Austria	3	3	3	9
Switzerland	6	0	2	8
Sweden	3	2	2	7
Netherlands	3	1	2	6
China	3	1	1	5

On the web

- Up-to-date medal standings and results
- Complete day-by-day event schedule
- Vancouver managing editor Fernando Carneiro's daily column (metronews.ca/columns)
- Metro-Blenz News Squad on-the-ground blog

Visit metronews.ca for more Games coverage.

What to watch today

TV Highlights

2:15 p.m.: Cross-country skiing
Men's 4x10 km relay classic gold medal (OLN).

3 p.m.: Men's hockey
Playoffs (Sportsnet).

4 p.m.: Long-track speedskating
Women's 5,000m gold medal (CTV).

4:15 p.m.: Alpine skiing
Women's giant slalom gold medal (TSN).

7:30 p.m.: Men's hockey
Playoffs (CTV).

8 p.m.: Short-track speedskating
Women's 3,000m relay final (TSN).

8 p.m.: Bobsled
Women's gold medal (Sportsnet).

10 p.m.: Men's hockey
Playoffs (TSN).

Midnight: Men's hockey
Playoffs (CTV).

TIMES MAY CHANGE

Janka secures Swiss gold

Carlo Janka of Switzerland won the Olympic gold medal in giant slalom. Janka had a combined two-run time of two minutes, 37.83 seconds to add the Olympic title to the world title he won last year. **THE ASSOCIATED PRESS**

Vancouver Games

Meet Ashleigh McIvor, Canada's latest hero

Canadian Ashleigh McIvor is the first Olympic women's ski-cross champion.

The 26-year-old native of Whistler led from start to finish to win gold yesterday at the Vancouver Winter Games, where ski cross is making its Olympic debut.

Hedda Berntsen of Norway won silver at Cypress Mountain while Marion Jossereau of France took the bronze.

McIvor is the defending world champion and won a World Cup silver medal on the Cypress course just more than a year ago. She is ranked second in the World Cup standings.

The high-drama event

Canadian finishes

- Kelsey Serwa of Kelowna, B.C., just missed making the final to finish fifth.
- Julia Murray of Whistler finished 12th while Danielle Poleschuk of Winnipeg finished 19th at Cypress Mountain.

features four skiers navigating a course with bumps, jumps and turns in a race to the finish line.

McIvor was Canada's first ski-cross racer to secure a spot on the Olympic freestyle team — which served as both a blessing and a curse for McIvor. She was thrilled to have a Games spot locked up well

in advance, but the early nomination only made the wait that much more difficult.

A natural daredevil, McIvor began skiing down her parents' carpeted steps at age two. As a child, she spent her summers traversing rugged terrain on her bike, and her winters blazing down the ski hill.

After winning her first-ever ski-cross race seven years ago — and subsequently qualifying for the X Games — McIvor was hooked. Sponsors and ski companies lined up right away, recognizing the combination of movie-star beauty and raw talent made her an instant superstar. **THE CANADIAN PRESS**



Canadian Ashleigh McIvor celebrates yesterday after winning the gold medal during women's ski-cross competition at Cypress Mountain in West Vancouver.

Are we missing the point of Own the Podium?

Field of Play

Scott Russell

metronews.ca/fieldofplay

The intent of Own the Podium is to have Canadian athletes be competitive at the home Olympics. That's why about \$120 million has been invested over the past five years.

Mission accomplished. As of the completion of Day 12, Canada boasted 11 medals — six gold — and another 18 fourth- or fifth-place finishes.

The results have come in almost all disciplines from figure skating to cross-country skiing, and all sports in between.

Where Own the Podium has gone awry is in the interpretation of its message. Strangely, the moniker for a strategy to support high-performance

athletes from this country has taken on a jingoistic connotation.

The tone has been slightly aggressive and Own the Podium has become a buzz phrase that when poorly translated actually runs counter to the ideals of the Olympics.

One of the founders of the modern Games, Pierre de Coubertin, envisioned a higher purpose for this international gathering.

"In the Olympics, as in life, the most important thing is not the victory," de Coubertin wrote.

"The most important thing is the struggle ... the taking part."

The goal of the Own the Podium program is noble indeed.

It's designed to support Canadian athletes who were notoriously undervalued by an affluent country that fancied itself

"Own the Podium has become a buzz phrase that when poorly translated actually runs counter to the ideals of the Olympics."

full of youthful potential.

In other words, Canadians should excel in winter sports and contend for championships at an Olympics staged in this country.

It is right to be ambitious and competitive.

But to try to "own" something as elusive as the most medals at the Olympic Games can be characterized as being boastful and a challenge that, if not delivered upon, is seen as a failure.

Own the Podium is anything but a failure.

It is a plan whose translation to the Canadian public has been flawed.

Canadian athletes are achieving at an exception-

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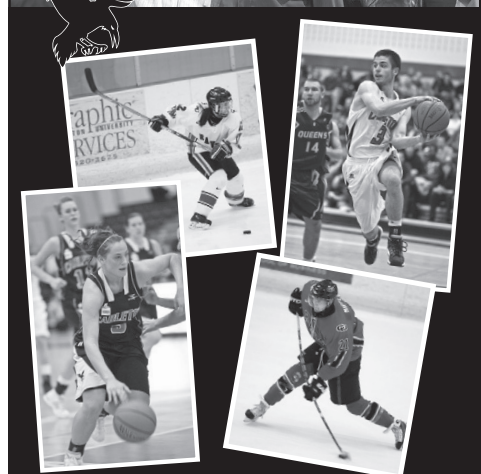


Gemini Award winner and author Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. A 20-year CBC Sports veteran, he has covered a variety of professional and amateur sports including nine Olympic games and numerous world championships.

Vancouver Games in brief

MEN'S CURLING Canada's Kevin Martin made a clean sweep of the round robin in men's curling at the 2010 Winter Olympics yesterday. Martin made an open draw for four points in the first end of his game against China's

Hongchen Li before romping to a 10-3 blowout. Martin will await the winner of a playoff game today for the last playoff spot between defending world champion David Murdoch of Britain and Niklas Edin of Sweden. **THE CANADIAN PRESS**

RAVENS TAKE FLIGHT IN PLAYOFFS

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Bernard grabs No. 1 seed; will play Ott in playoff round

WOMEN'S CURLING Canadian curler Cheryl Bernard has stolen her way to the No. 1 seed at the Vancouver Olympics.

Bernard picked up four steals against 19-year-old British skip Eve Muirhead yesterday en route to a 6-5 win. With the victory, the Calgary skip improved her round-robin record at the Winter Games to 7-1 and assured her rink top seed for tomorrow's semifinal playoffs.



Cheryl Bernard is shown during yesterday's win over Britain.

"That was again one of our better games, up in the top couple of per cent," Bernard said after the win.

Then, in what may be a

terrifying realization for the rest of the field, she added: "I still think there's room, I think we can improve a little bit more."

Bernard, a 43-year-old from Calgary, will open the playoff round against two-time Olympic silver medalist Mirjam Ott of Switzerland tomorrow.

Bernard beat Ott 5-4 in her Games debut with a harrowing draw in the 10th end.

The loss was the first of three in a row for Ott to start the tournament, though she rebounded by winning her next five contests. **THE CANADIAN PRESS**



Woods says sorry again: Report

Tiger Woods has offered another apology, this time to parents of children at the preschool that his two-year-old daughter attends, an Orlando television station reported yesterday. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONews.CA

Peppers to be free agent

The Carolina Panthers have decided the price is too steep to keep their all-time sacks leader. Five-time Pro Bowl defensive end Julius Peppers, right, is about to become one of the top prizes in free agency. General manager Marty Hurney announced yesterday the team won't place the restrictive franchise tag on Peppers for a second consecutive year at a cost of at least \$20.1 million US. **THE ASSOCIATED PRESS**



Blue Jays' Overbay takes trade rumours in stride

BLUE JAYS First baseman Lyle Overbay joined teammates on the field at the Bobby Mattick Training Center three days in advance of the scheduled reporting date for position players.

Overbay is aware that this is likely his last spring with the Jays. The left-handed hitter, in the final year of a contract that pays him \$7 million US in 2010, has heard the trade rumours and knows that young Brett Wallace, obtained in the Roy Halladay three-way trade, is being touted as the future.

"When you get (mentioned in) trade talks for three years there are times you're thinking your time is coming to an end," Overbay shrugged. "I've been there with Prince Fielder (taking over in Milwaukee). When (Wallace) is ready he'll

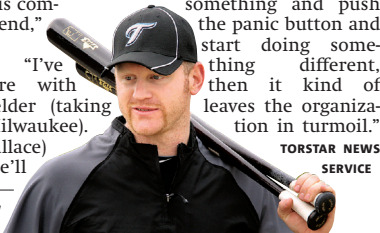
be there. They have to look to the future. You can't be naïve and think 'I'm going to be here for 17 years.' There's always going to be somebody behind you. I've been there before and that's just the way this game is."

Overbay said he is in the best shape he has been in in the last three years. When he is healthy and swinging his best, Overbay is a serviceable 40-50 doubles performer who uses the entire field. He is looking forward to being part of the rebuilding process. "They've (Jays) got their plan," Overbay said.

"The biggest thing is, hopefully, they'll stick to it. When you start doing something and push the panic button and start doing something different, then it kind of leaves the organization in turmoil."

TORSTAR NEWS SERVICE

Lyle Overbay



Canada loss 'stung' Bay

Mets' off-season acquisition arrives at spring training

Jason Bay arrived at the New York Mets' spring-training camp yesterday and talked about everything from his health, to his defence, to his reaction to Canada's loss to the U.S. in Olympic hockey.

"That stung a little bit," said Bay, a British Columbia native who became a U.S. citizen last summer, but was quick to add, "I'm still a Canadian, through and through."

He's also a Met, having signed a four-year, \$66-million US contract as a free agent in December. And his adjustment to playing for his new team dominated the conversation during a 20-minute question-and-answer session with the media at Tradition Field.

"I've walked into a new clubhouse before," Bay said.

Until now, however, he hasn't played in the demanding New York market. Nor has he played half his games within the cavernous confines of Citi Field.

But Bay, a three-time All-Star and the 2004 National League rookie of the year, said neither the size of the market nor the ballpark was a factor in his decision to sign with the Mets.

"I honestly never gave a ball-

park any second thought," said Bay, 31, who batted .267 with 36 home runs and 119 RBIs for the Boston Red Sox last season. "Or geography. A lot of people had me pegged as a West Coast guy because I live in Seattle."

"You get a chance, if you're lucky, to be a free agent once or twice in your lifetime. Why are you going to limit your self to

a ballpark or a city. I played in Pittsburgh. It's not PETCO (in San Diego), by any means, but it's definitely not Fenway over in left field, either."

"I'm confident with myself," he added.

"At the end of the day, I try to get on base and try to knock in runs. If you knock in 100 runs with 10 home runs, so be it. That's by no means my plan."

That's not the Mets' plan, either.

The Mets brought Bay to New York to provide power, something that was in short supply as David Wright struggled to hit home runs and the team stumbled through an injury-ravaged, 92-loss season in 2009.

THE ASSOCIATED PRESS

Jason Bay



South Africa not yet ready to host World Cup: FIFA

PLANNING FIFA secretary general Jerome Valcke said yesterday he still doesn't know where all 32 World Cup teams will be based during the tournament in South Africa.

FIFA wanted the list of training camps completed yesterday, but those plans have been derailed by teams still changing their plans ahead of the event, which starts June 11.

With more than three months to go, organizers

"If the question is, 'Could we host the World Cup tomorrow morning?' the answer is no."

Jerome Valcke, FIFA

still face problems with Soccer City — the incomplete Johannesburg venue for the opening match and final. Organizers also need to fill stadiums and handle the scrutiny on England's proposed training camp.

"If the question is, 'Could we host the World Cup tomorrow morning?' the answer is no," Valcke said after a meeting in Sun City.

"At this stage, we couldn't play the World Cup be-

cause Soccer City isn't ready. At this stage, we couldn't play the opening game. That's a fact. At this stage we have 700,000 tickets still to sell, at this stage I can make a list of things that aren't ready for the World Cup."

"We have 108 days — it seems short, it is short, but even if we have to stay awake all night, every day we will be ready by the time of the World Cup."

THE ASSOCIATED PRESS

SCOREBOARD

NBA

YESTERDAY'S RESULTS
Cleveland 105 New Orleans 95
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TODAY'S GAMES

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Orlando at Houston
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Sports in brief

CFL The Winnipeg Blue Bombers signed free-agent quarterback Steven Lyles yesterday and also released veteran Michael Bishop. The six-foot, 195-pound Lyles spent the last two seasons with the Saskatchewan Roughriders but played sparingly.

NHL The home ice of the NHL's Nashville Predators is expected to get a new name from another company that's close to home. The current Sommet Center in downtown Nashville will become Bridgestone Arena under a naming rights contract that is pending approval by the Nashville Sports Authority, team

officials said yesterday. **NBA** Recently acquired Washington Wizards forward Josh Howard will miss the remainder of the season after tearing the anterior cruciate ligament in his left knee. Wizards president Ernie Grunfeld made the announcement in a statement yesterday.

MLB Aaron Boone has ended his 12-year major league career and will become a baseball analyst for ESPN. He announced his retirement yesterday, saying it was "a privilege and honour" to have played for six different clubs in the majors.

METRO NEWS SERVICES

Mount Royal launches new logo

Yesterday Calgary's Mount Royal University unveiled its new logo, the result of a nine-month process of extensive research and consultation involving students, faculty, staff, prospective students, and community members. Check mroyal.ca to see the logo. **METRO NEWS SERVICES**

Workology

Labour shortages loom

The labour shortages that existed before the market downturn will resurface once the economy fully recovers, the Canadian Chamber of Commerce warns in a new report released yesterday. To realize Canada's full potential, businesses will need to tap the country's pool of underutilized talent: Older workers, Aboriginal peoples, individuals with disabilities, and new immigrants, the report says. **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in brief

U OF T OUT OF THE INVESTMENT GAME In a letter sent to faculty and staff and reported on by the Globe and Mail, University of Toronto president David Naylor announced the school would discontinue its foray into aggressive U.S.-style investing after a decade of poor returns and a \$1.5-billion loss that wiped out close to 30 per cent of the institution's pension and endowment funds in a single year. The move follows recommendations from a blue-ribbon panel, whose report finds that the University of Toronto Asset Management (UTAM) "has not achieved its mission." The report suggests U of T bring UTAM back under its direct control, and scale back its exposure to risky investments such as hedge funds and private equity.

NAIT FACES LAYOFFS The Northern Alberta Institute of Technology might have to make cuts to its apprenticeship programs and lay off staff in order to deal with a \$10-million funding shortfall. NAIT could train as many as 1,000 fewer apprentices in the next budget year, which could affect staff levels. In order to avoid job cuts and to balance the shortfall, NAIT may increase online learning and send trades instructors to teach abroad.

UNB STUDENT UNION CHALLENGES PROPOSED ANCILLARY FEES As part of the University of New Brunswick's budget process, departments have been encouraged to find ways to either cut costs or generate new revenue. UNB's science faculty has proposed a \$35 fee per lab and a \$25 fee for first- and second-year math courses, which the student union president says will add \$260 in expenses for the average first-year science student. The student leader suggests fee increases might be UNB's way to bypass a tuition freeze as it plans to trim nearly \$3 million in expenses at its Fredericton and Saint John campuses.

METRO NEWS SERVICES

Jobs that make tasty things look tastier

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. This is the last in the series, so check Metronews.ca to read the whole thing and stay tuned for next month's theme, engineering.

JON TATTIRIE
for Metro Canada

When Lucie Richard contemplated a career as a food stylist, she worried she was lacking a critical personality trait.

"I thought they were way too anal," she admits. "They promised me they could make me an anal person and they were successful. I can spend a lot of time looking at five peas on a plate."

That fine eye for detail is important for the make-up artists of the food world. A former chef, Richard (lucie.richard.ca) prepares food for photo shoots and keeps it looking hot, cold, juicy or tender, depending on the item. The freelancer works in editorial, advertising and packaging.

"Basically, I'm being paid to play with my food, which I was reprimanded for as a child," she jokes. "It's a fun way to work with food and not be in a restaurant kitchen."

Most food stylists have a



A food stylist set up this stock photo and a food photographer shot it, sounds like a delicious job, no?

"Basically, I'm being paid to play with my food, which I was reprimanded for as a child." Food stylist Lucie Richard

background in food, but there is little direct training in North America. Tricks of the trade — like using tweezers and dental picks to shape food — are collected on the job. A deep knowledge of food is critical so that you know how a recipe will turn out before you start and how food behaves over time.

When Richard is done, she hands over to food photographers like Yvonne Duivenvoorden. Duivenvoorden (Broad daylight.ca) trained as a

photographer at Holland College in P.E.I. and then Ryerson University. She works in Toronto.

"As soon as I discovered that people actually do this for a living, I was caught up," she says of her preference for commercial photography over fine art. She started working as a photographer's assistant and recommends such informal apprenticing.

"The irony of it is that I can't cook a thing. I'm not even that interested in

the flavour aspect of food. I see it very much as shapes and colours on a plate," she says. "I see it as a still life."

That gives her a photographer's eye unbiased by a personal love of chocolate or hatred of liver. Like Richard, Duivenvoorden is quick to bust myths: Turkeys are not shellacked, mashed potatoes don't pretend to be ice cream and food doesn't sit under hot lights all day. At the end of a shoot, she says all of the dishes she photographs are edible, if a little tired, and she mostly relies on natural light.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: metronews.ca/work

Ex-premier says Quebec universities in critical shape

EDUCATION A prominent group of Quebecers says the province needs to hike tuition fees.

The group includes former premier Lucien Bouchard — whose Parti Québécois government froze tuition a decade-and-a-half ago at the lowest rates in Canada.

But now Bouchard says universities are in trouble. He and a group of other prominent Quebecers signed a declaration yesterday calling for an increase in university tuition.

"Quebec universities are dangerously under-funded compared with those in Canada and North America," Bouchard told a news conference. "These precarious finances have now reached a critical stage. If nothing is done, it's students themselves who will suffer first. And surely, inevitably, so will all of Quebec society."

Other signatories included former Liberal finance ministers Michel Audet and Monique Jérôme-Forgeret.

Any hint of tuition hikes has, in the past, triggered a vigorous backlash and had Quebec students out in the streets protesting.

But the debate has now been relaunched as Quebec, like almost every other jurisdiction in the world, struggles with a considerable dilemma: How to balance its budget without decimating services, or hiking taxes.

Some see a bump in user fees as the only solution.

Quebec undergraduates pay roughly \$1,700 a year in tuition — barely one-third what students pay in other provinces.

THE CANADIAN PRESS

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More to school than a degree

MAT LECOMPTE
for Metro Canada



Making goals for yourself is popular. Sticking to those goals, however, is not — at least when you're trying to do it on your own.

For the people out there looking for help achieving their goals or improving their lives, there are a number of places that may be offering what you need. In fact, colleges and universities across the country offer various "life skills" courses to help people gain important knowledge that isn't academic. Such courses are things like career management, SLR photography, automobile skid control and collision avoidance. Basically, they are



"Life skills" courses at college — including course on SLR photography — are popular low cost, environment and flexibility.

courses/seminars that focus on popular skills people wish to acquire.

Mary Devine, chair of the School of Continuing

Education at Toronto's Centennial College, says that the lifestyle and career skills courses and seminars are quite popular.

"Increasing (your) knowledge — for business or personal use — is seen by many employers as a beneficial attribute."

Douglas College's
Gordon McDonald

"We see a need in our community for individuals to build these kinds of skills," she said. The low cost, flexibility and relevance, combined with the learning environment makes it easy for anyone to get involved, she told Metro.

She said that opposed to learning these skills on their own, students benefit and are motivated by the group setting. Hearing a variety of ideas helps stimulate thought, thus enhancing the experience for those in attendance.

For a list of the lifestyle and career skills being offered by Centennial, check out their web site at centennialcollege.ca/ce.

Gordon McDonald, of the Training Group at Douglas College in British Columbia, (with locations around the Vancouver area) says that in some cases, these life skills courses can indirectly lead to employment.

"A number of organizations that focus on HR development and education,

like the British Columbia Human Resources Management Association, indicate that an individual's interest in increasing their knowledge — whether for business or personal use — is seen by many employers as a beneficial attribute."

He does say, however, that courses are focused on building the students skill-set in the area of their choice — for example, operating an SLR camera they may have received as a gift.

The University of Toronto's School of Continuing Studies also offers courses that build a person's skill set. Lee McLavish, manager of partnerships and programs at the school, explained that the career development course helps people identify their skills and promote them in the workplace.

"There is so much competition that you really need to use your tools to distinguish yourself in the marketplace," she said. "The course helps students move towards their ideal

More life skills

There are a number of colleges and community centres across the country that offer life skill and career development seminars so check up at your local community centre or college and most recent information. A few schools and programs that are being offered currently are:

• **MAC BASICS MAKING THE SWITCH** This course is being offered by Georgian College in Barrie, Ont., and shows PC users how to use a Mac computers. georgianc.on.ca.

• **WRITING CLEARLY** This course helps people struggling with their English writing to form clear and concise work. It's good for ESL students as well as people looking to improve their writing. This course is offered by NorQuest College in Edmonton. norquest.ab.ca

• **COMPUTER WORKSHOPS** Maisonneuve College in Montreal offers a variety of programs to help improve computer literacy and multimedia skills. cmaisonneuve.qc.ca/

selves and their ideal jobs."

Regardless of what you'd like to learn or accomplish this year, there is likely a course available. To check the continuing education courses and seminars at the institutions mentioned above, visit them on the web at douglas.bc.ca and learn.utoronto.ca.

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Blind professor extols virtues of CNIB, reading

Betty Nobel has it all. Her life includes a thriving career at Vancouver Community College, a busy family with two children and two grandchildren, and a lifelong devotion to learning and volunteerism.

Reading is at the core of these activities. However, without government funding for accessible library services, Nobel — who is blind — could find the future much more difficult.

To ensure Betty can continue to enjoy her right to read, CNIB is calling on all Canadians to visit cnib.ca/righttoread, where they can join a campaign urging the government to fund library services for people with vision loss.

"I have a right to a good library service just as any Canadian does," says Nobel, who relies on the charitably-funded CNIB Library in almost every aspect of life.

In the mornings, Betty chooses local and international newspaper stories to be read aloud digitally through the CNIB Library digital portal, discussing them with her husband over coffee before catching the bus to work.

There, she relies on a combination of braille books, electronic texts and digital audio formats — from the CNIB Library — to conduct her classes. On the way home, she often listens to a book chosen by her book club.

Many evenings are spent reading to her grandchildren with special print-braille books borrowed from the library — Betty reads from a braille overlay in the book, while her grandchild follows along.

Its Betty's hope the federal government and all the provinces will help CNIB keep blind and partially sighted Canadians reading.

NEWS CANADA

workology 17

How did workers fare in the latest recession?

According to the eighth Rethink Retirement™ survey, almost half of all Canadian workers (44 per cent) managed to keep their finances on track despite the recession.

Even better, more than one in four (26 per cent) indicated an improvement. However, one worker in three (30 per cent) reported that they are now worse off. The recession appears to have had less of an impact in Quebec, where 53 per cent of respondents said that their situation stayed the same, compared to an average of 44 per cent in the rest of Canada.

Workers between the ages of 18 and 29 (44 per cent) and respondents whose savings and investments increased or who paid off their debts (40 per cent) saw their situation improve.

When asked why they were now better off, respondents tended to mention a growth in employment income due to:



About one quarter of workers came out of the recession in better shape than when they went in a recent survey indicates.

- Increased salary or raises
- A better job (promotion, full-time work)
- Overtime

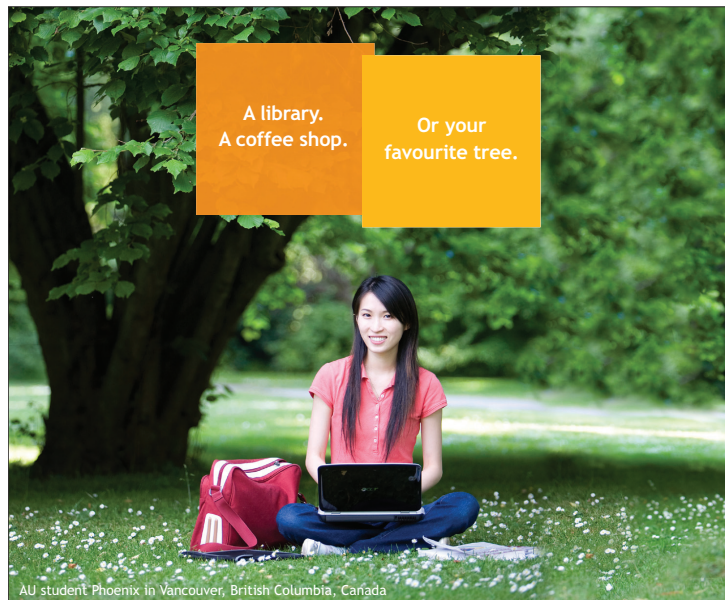
Eighteen per cent of respondents said that paying off debts (excluding primary residence mortgages) was the first step in improving their financial situation.

"I got a promotion, so I was making better money," said one respondent. "Since I didn't have any unfore-

seen expenses (home or car repairs) I was able to pay off my debts and keep investing in my RRSP."

Thirty-one per cent of workers said that they were able to pay off a portion of their debts, which is exactly the same proportion as those who saw their debts go up. Many respondents also said that better budgeting was behind their improved financial situation.

NEWS CANADA



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18workology

One entrepreneur was sure to keep it fresh

For many entrepreneurs, coming up with a great idea is just the first step.

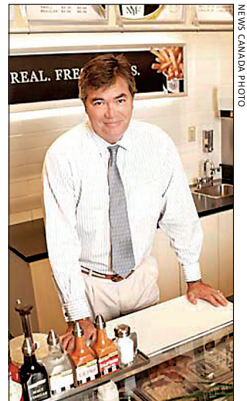
Making it become a reality and sharing that vision with others takes some more time. For Canadian Jay Gould, the great idea started when he was in New York City's South Street Seaport and tried the fries at New York Fries. After tasting the difference of a fresh cut fry in a market of frozen fries, Jay and his brother Hal purchased the Canadian rights for the concept with the intention to build out a chain that served the best French fries as their feature menu item.

The concept was simple — select the best Canadian russet potatoes, fresh cut them daily in each store, and cook them to order using the highest quality oil. Not surprisingly, critics, including landlords, doubted the viability of a business based only on fries and pop. Resisting early pressure to franchise and grow too quickly, Jay

instead financed the stores for the first two years to ensure the operation was ready. He knew that potential franchisees would also question such a targeted concept, and wanted to clearly demonstrate that done right, focused and without distraction, the business would indeed be profitable.

"To build a small business into a national success, it was important to ensure that we were working with people who understood and believed in the vision of New York Fries," says Gould. "We opted for organic growth instead of trying to make it huge right from the outset."

More than 25 years later, New York Fries continues to bring its concept of real, fresh fries to 200 locations in Canada, Hong Kong, South Korea and the U.A.E. with sales in excess of \$60 million and future growth in international markets planned in 2010. "We're continuing to grow, but



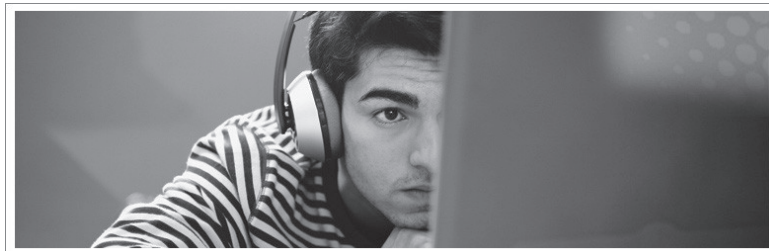
New York Fries franchise owner Jay Gould.

it's important that the quality of the product stays consistent," continues Gould. "We use trans fat free sunflower oil and fresh hand-cut potatoes to make all of our fries. The key to our success has been to take one product and make sure that we do it better than anyone else."

NEWS CANADA



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Tufts U invites applicants to submit personal videos

Massachusetts-based Tufts University has become the first selective institution in the U.S. to encourage applicants to submit videos about themselves, and more than 1,000 applicants have included one-minute video essays in their bids for a spot in the Class of 2014. **METRO NEWS SERVICES**

Profiles of Success

Success, these profs have seen it

KEITH CARMAN
for Metro Canada



While vigour is vital to many college professors, a wealth of history and performing an essential role in one's field are equally critical. To this extent, Ottawa-based Willis College proudly asserts the inclusion of Professor Akbar Manoussi amongst their ranks.

The Chair of Willis' Clean Energy Education Department, Manoussi is a Business and Management professor with more than 25 years of classroom experience.

Receiving his undergraduate honours degree in Economics and Law from Iran's Tehran University in 1970, he carries extensive abilities in applied management and business. With credits extending to include presidency of the Green Party of Canada, Ottawa-Vanier and the Canada-Iran Friendship Council, Professor Manoussi's legacy



Makeup Artistry program developer Cheryl Gushue from Salon + Spa Career College-Champlain Institute is seen here at work. At left for a previous Toronto fashion week and at right for a photo shoot.

has been instrumental in ensuring career college patrons are preferred professional candidates.

"Business leaders are not only made in classrooms," he notes. "By working on the projects throughout the semester, it allows students to immediately put their academic knowledge into

practice while concentrating on their learning needs."

....
"Career colleges offer specific learning. The curriculum is relevant to what's going on in our industry," beams Cheryl Gushue.

As a world-travelling de-

signer, makeup artist and stylist, she should know. Gushue developed the Makeup Artistry program for Toronto's Salon + Spa Career College-Champlain Institute, one of many career colleges dedicated to finite learning.

She also designed a line of bathing suits

(gushueswim.com) that earned her placement as a finalist for the Elle Canada New Labels Competition last year, acclaim that when coupled with endless praise from pupils, coveted student team dubbed "Cheryl's Angels" and fashion judges, exemplifies her passion.

Essentially Gushue is one of many post-secondary mentors who thrive from their profession, continuing to explore new means of adapting to it via creativity inside and outside of the classroom. Their work finds them not only at the forefront of the medium but utilizing their knowledge to advance scholastics and — most importantly — glean respect and trust thanks to the personal pride found in their profession and pupils.

"I see beauty in every face," Gushue smiles, hammering the point home. "I love taking a blank canvas and creating my vision to bring out their best features. There's something so rewarding about giving

someone a level of confidence to take on their day."

....
Carving her own caring tutorial niche via humour, Canadian Business College Accounting & Canadian Payroll Instructor Tina Shaba recognizes how bluntness is the essence of commerce. Still, it's Shaba's unusual ability to inject levity into the typically unexciting world of accounting that garners weekly letters of praise and fanmail denoting her as "a rare example of teaching at its best" and "a credit to the school."

Melding real work experience with projects and case studies, Shaba — who relocated to Canada from Iraq in 2001 — believes her uncanny mixture of crunching digits with drollery is crucial in getting messages across. A victim of her own candour, Shaba simply admits she loves, "numbers and people. Being a teacher has really enriched my life."

Top lecturers in TVO's tournament talk about the honour to Metro

RAFAEL BRUSILOV
for Metro Canada



A great instructor can make learning come to life and Toronto and Ottawa schools are home to some of Canada's finest. Metro caught up with some of the talented and passionate instructors recently nominated for TVO 2010 Best Lecturer Competition by their students to find out their teaching secrets.

Nadia Habib, York University

Humour goes a long way to helping York University professor Nadia Habib create a comfortable space for students to discuss tough ideas.

"Difficult ideas can be exciting. I like to create an atmosphere where people feel like the class is almost a private space and to be able to understand that the knowledge is yours, it doesn't belong to the teacher, that's a good thing for students to leave with."

Sangita Dubey, Carleton University

Holistic teaching that goes beyond books and into the real world is Carleton economics instructor Sangita Dubey's modus operandi and students love her way of making difficult concepts easy to understand.

"I'm always trying to find a logical approach and to not only teach a subject but show how it applies in the real world. For me it comes down to two things: Love your subject matter and care about your students," Dubey said.

Sohail Rashid, Ryerson University

Energetic, animated and happy to talk your ear off, Ryerson psychology instructor Sohail Rashid considers his style of teaching "edutainment."

"I think that to engage students you have to be entertaining. I'm a really shy person but in my performance mode I go far to the other side," Rashid said.

David Gray, University of Ottawa

To command attention at all parts of the classroom, University of Ottawa professor David Gray keeps on his feet, walking around the class and using large gestures and a loud, almost-exaggerated voice.

"I tend to be very flamboyant in class — sometimes in my evaluations my students say I'm spastic. I go for depth rather than breadth and I believe most of what I'm teaching is extremely useful for students," Gray said.

Monika Havelka, University of Toronto

Biology can sometimes feel dry so U of T professor Monika Havelka likes to demonstrate unusual processes personally, contorting herself in a comical run to show how a lizard might run on hind legs for instance.

"I like to make an ass of myself! I have an enormous amount of enthusiasm for my subject material."

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Fred Cox Instructor, Everest College

Fred is the epitome of professionalism and is always a gentleman in the manner in which he conducts himself both in the campus and in the community. He is loved and respected by his students and co-workers. Fred is a demonstrated team player. As well as ensuring an exceptional learning experience for his students, he also

works closely with Administration and Admissions to ensure that all new students are prepared to move forward into their program of interest. Fred Cox is an "Inspired" instructor who uses all means available to ensure the students grasp a concept. Fred Cox is a wonderful and dedicated representative of Everest College.

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Michelin has announced that its 10th annual Challenge Bibendum, the world's largest environmental vehicle event, will be held in Rio de Janeiro, Brazil, this summer. Thousands of the world's leading vehicle manufacturers, technology developers and media will attend the rally for sustainable mobility. CANADIANDRIVER.COM

Metro Drive



Enter the Juke

Nissan Juke is headed to North America, the automaker recently announced. The all-new small crossover CUV will be added to Nissan's Canadian lineup in fall 2010.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONWS.CA

Hot, hot Tundra

Toyota steps it up with cool pickup

NEIL MOORE
for Metro Canada



"Here's a big enough spot," I say to my wife as we head towards the grocery store parking lot's back 40. This has been the story of my week, having been unable to park near the front doors — virtually anywhere — since picking up my tester, the 2010 Toyota 4x4 Tundra Double Cab pickup truck.

Pickup trucks, especially the full-size ones, have always been about trade offs. To get the capacity and grunt you need for hauling building supplies, piles of dirt, large boats and horse trailers, you're saddled

2010 Toyota Tundra 4x4 Double Cab

Type: Full-size pickup truck
Price: \$40,270

Engine: (as tested) 4.6-litre DOHC, 32-Valve V8 (310 hp, 327 lb/ft of torque)

Fuel Economy: 14.9L/100 km city; 10.5L/100 km highway

Highlights

- Improved fuel economy and power
- Plenty of options for engines and cabs.

with a thirsty behemoth.

The 2010 Tundra is no exception, at least in terms of size. Substantially larger than Toyota's first effort in

'93, the humble V6-powered T100 — today's Tundra is every bit as brawny as its Big Three competitors.

But Toyota has felt the effects of buck-a-litre gas on truck sales and has responded with a new 4.6-litre base engine that improves not only on fuel economy, but in power.

My tester was built upon the base 4x4 Double Cab SR5 (4.6 litre) at \$35,790, adding the TRD Offroad package (\$4,105), along with a rear bumper step (\$347 installed) and a two-inch trailer ball (\$28 installed). This brings the MSRP up to \$40,270 and gets you a well equipped vehicle.

The large chrome grille and raised hood gives the 2010 Toyota Tundra pickup a robust, purposeful look.



Standard equipment on the 4x4 Double Cab SR5 includes power windows and locks with keyless entry, dual zone climate control with filtration, six-speaker AM/FM/CD/MP3/WMA audio system, 60/40 foldable rear bench seat and a full suite of gauges that includes voltmeter, water temperature and transmis-

sion oil temperature.


Inside, seats are comfortable and supportive, upholstered in an attractive, high-quality fabric. The instruments are amber lit and deeply inset, with metallic surrounds. However, the silver finish and shiny black plastic panels could use a little updating.

AutoPilot

Michael Goetz



Read this week's column at metronews.ca/autopilot



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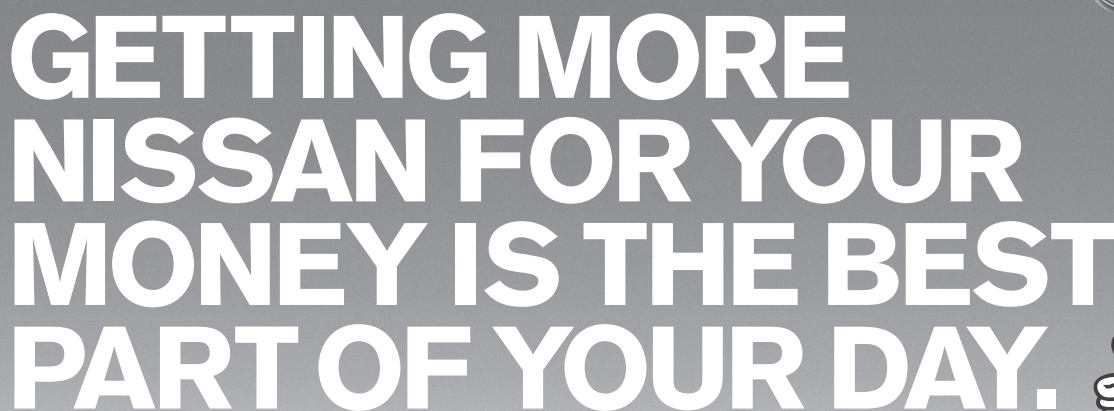
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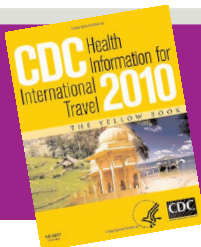
**NISSAN
GRAD
PROGRAM**

[illegible]

Disgruntled would-be passengers complained about hundreds of cancelled flights and long airport waits as air traffic controllers began a four-day strike across France on Tuesday. Workers fear recent plans to integrate travel control will lead to job losses. **METRO NEWS SERVICES**

France strike delays flights

Travel



International travellers health guide

The Yellow Book is published every two years by CDC as a reference for those who advise international travelers about health risks. The Yellow Book is written primarily for health professionals, but most travellers will find it very useful. The book now cites potential ailments found at specific destinations. And has sections that address the risks of going overseas for medical care. It also addresses health concerns when traveling with infants what to consider with international adoptions.

METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Warm up with Napa's wines

Off-season travel in California vineyards offers big benefits

Winter is quiet time in wine country. Which makes it a very good time for a visit.

With harvest over and future bottles of wine resting peacefully in barrels and tanks, your chances of chatting with a winemaker when you visit a winery is higher. And, as temperatures drop, so do crowds and prices, making a getaway less stressful on your psyche and wallet.

Cooler weather — temperatures can be in the single digits in January, warming up to 15 or more in February and March — transforms the valley from exuberant summer splendor to a moodier hue.

RESTAURANTS

Grab a table near the fireplace at Bistro Don Giovanni, just north of Napa on Highway 29, and get ready to tuck into some seasonal fare, maybe fresh wild boar cooked slow and served with a red wine sauce.

"When you have a great cab or Syrah with that, I just think it's perfect," says Chef Donna Scala, who's noticed that people tend to linger at table in winter.



Napa Valley wine tasting festivals are a highlight of the spring.

"They enjoy eating more and they'll sit for hours."

For some exterior heat, jump into a mud bath in Calistoga, a small and charming town at the top of the valley known for its hot springs. Slipping into a vat of volcanic mud is the

hard-core way to go, although you can opt for a soak in a mineral pool followed by various wraps and massages.

FESTIVALS

In late January, the valley gets a shot of colour when the mustard planted

as a cover crop for vines erupts in a burst of yellow. From Jan. 30-Mar.27, the humble plant is celebrated in a festival that includes music, art, dining and, of course, wine.

Wine tasting is a year-round pastime. Call ahead



Bistro Don Giovanni restaurant offers excellent food year-round.

\$20

Napa can be anything but

cheap. And a wine tasting can mean a long wait but if you buy a Taste Napa Downtown card it will allow you to get premium access and they are good for 10-cent tastings at 14 rooms.

to make sure tasting rooms are open — many are by appointment only.

If you're staying in the city of Napa, a shortcut is to buy a \$20 Taste Napa Downtown card from the Napa Valley Visitor Information Center. With that you can taste wine for a dime at 14 different tasting rooms in downtown Napa.

WINE CAVES

For wine-tasting with a

difference, try Castello di Amorosa, a 11,240-square-metre replica of a 13th-century Tuscan castle off Highway 29 near Calistoga. The castle is a working winery with caves and tasting room. Reservations recommended. Be sure to check out the dungeon and torture chamber.

WHERE TO STAY

After a long day of tasting, it's time to curl up by the fire — or sink into the hot tub — at your hotel.

Places to stay in Napa Valley tend to range from quite expensive to very expensive, but there are off-season discounts available. The Napa Valley Destination Council lists some specials on their website.

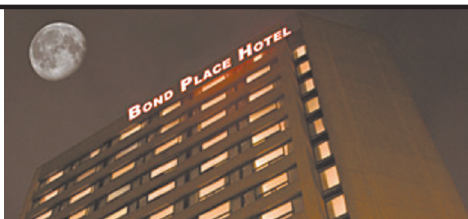
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One Rate for two countries

Rogers announced a great new offering for the frequent Canadian traveler – the North American One Rate Data Plan. One Rate allows Canadian smartphone owners to use their devices when south of the border for just \$10 a month. **METRO NEWS SERVICES**

travel 23

Stick around after Olympics

Emerald Lake Lodge perfect place to unwind after Games excitement

It may be one of the most peaceful places on earth.

Emerald Lake Lodge, located near Field, B.C., in Yoho National Park, is a year-round destination that attracts those looking for peace and quiet and others looking for a perfect romantic getaway. It's about a 20-minute drive from Lake Louise, Alta., and straddles the Alberta-B.C. border.

During the winter a snowy, white blanket covers Emerald Lake making it a mecca for cross-country skiers, snowshoers or for the more adventurous — iceclimbers who seek out the many frozen waterfalls in the area.

During the summer months, the lake is an intense turquoise, surrounded by a forest of Engelmann spruce.

Its mirror-like surface provides an inverse image of Mount Burgess and Mount Wapta. Canoeing, kayaking and the most popular activity of all, hiking, keeps guests occupied.

But the thing you notice



Emerald Lake Lodge is open year round and a popular tourist destination.

most is the absolute quiet. A bus picks you up at a parking lot about a kilometre from the lodge.

Once you cross the bridge, there is literally not a sound.

It is the perfect location to calm down after all the Olympic excitement.

There is no television, phone or Internet service in any of the 85 rooms located in 25 cabins.

Just a woodburning fieldstone fireplace, a bed with a down duvet and a breathtaking view that will calm the mind.

THE CANADIAN PRESS

Travel in brief

SPAIN Spain is offering free vacations to the person who best answers questions on Facebook about the country and its customs. The state tourism office Turespana says the contest will last through the end of February. Lodgings

will be provided at stately hotels, many of which are refurbished castles or monasteries. Contestants have to answer a daily question on Spain that shows up at <http://www.facebook.com/spainacountrytosha> re.

METRO NEWS SERVICES

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Cancun Travel Mar 23 - Mar 30/ts	\$221* + taxes & fees \$279
London Travel May 14 - Jun 14/ts	\$282 + taxes & fees \$385
Paris Travel May 10 - May 20/ts	\$294* + taxes & fees \$354
Bahamas Travel Apr 6 - Apr 14/ws	\$297 + taxes & fees \$110
New York Travel Mar 23 - Mar 30/aa	\$299* + taxes & fees \$112
Buenos Aires Travel Mar 23 - Apr 6/ua	\$799 + taxes & fees \$410
Johannesburg Travel Apr 6 - Apr 20/ac/sa	\$899 + taxes & fees \$525
Sydney Travel May 12 - May 26/dl	\$1259 + taxes & fees \$162

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Spain, Torremolinos Air + 7 Nights \$540*	Ecuador Park Apartments + taxes & fees \$307 INCLUDES airport transfers and apartment style accom with kitchenette. Departs Mar 16/vat/ts.
Las Vegas Air + 3 Nights 5-Star \$449	The Wynn Las Vegas + taxes & fees \$123 INCLUDES accom at 5-star Wynn Las Vegas. Departs Mar 30/gg/vac.
Orlando Family Special Air + 4 Nights \$249*	Champions World Resort + taxes & fees \$107 INCLUDES accom near Walt Disney World Resort. Departs Apr 12/gg/vd.
San Francisco Air + 3 Nights \$479	Renair Hotel + taxes & fees \$133 Departs Mar 4/gg/va. ADD San Francisco City tour for \$49.
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Samana 7 Nights 4.5-Star \$652	Gran Bahia Principe Cayacoa + taxes & fees \$312 Departs Mar 7/acv/lac.
Mayan Riviera 7 Nights 4-Star \$817	RIU Luhta + taxes & fees \$262 Departs Mar 7/sqv/5g.
Cancun 7 Nights 4-Star \$827	Oasis Palm Beach + taxes & fees \$262 Departs Mar 7/sqv/5g.
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The U.S. has lifted an advisory warning American travellers of security concerns in Syria, officials said, as Washington tries to boost ties with a country seen as key to peace in the region. **METRO NEWS SERVICES**

Travel in brief

SLASHING PRICES Peru's government is cutting air fares and hotel rates hoping to draw tourists to the Incan city of Cuzco.

even though the country's top tourist destination, the nearby Machu Picchu fortress, remains inaccessible. Peru is

promising 50 per cent price cuts for air fares to Cuzco and rooms at the city's main hotels.

METRO NEWS SERVICES

Step into the Fire

Brilliant landscapes await those leaving Sin City

You've done your time in Las Vegas. You've given generously to the casinos, gorged on their food and overdosed on their glitz.

You need an escape from the Strip. The Grand Canyon is too far. The Hoover Dam is too crowded. You crave space and air that isn't tainted by cigarette smoke. And you can use a reminder that nature is even stranger and more spectacular than a Cirque du Soleil show.

VALLEY OF FIRE

You'll find it about an hour away at the Valley of Fire, a brilliant red sandstone landscape where millions of years of erosion have whittled rugged rocks and ancient dunes into shapes that trick your eye and bend your mind.

And you haven't even left your car yet.

If you do, you're free to wander through the 3,900 hectares that make up Nevada's oldest state park — just don't get lost.

ENDLESS TRAILS

About a dozen signed trailheads will lead you on



The rock formations have been shaped by winds sweeping across this burnt landscape.

hikes varying from around a kilometre to more than 16. But the formations in the distance mark the places you'll really want to go, begging you to make your own way in this Seuss-like place.

THE PAYOFF

The payoff will be different every time: a natural arch. A balancing rock. A slab of stone decorated with Indian carvings.

All you really need is enough water to avoid de-

hydration, a desire to keep walking and confidence that you'll find your way back to the road.

While its proximity to Vegas and scenic drive-through make the Valley of Fire an easy day trip for families, tour groups and even the hung-over, plenty of visitors stay longer.

The two campgrounds are often packed during the spring and fall, but less crowded during the summer.

THE CANADIAN PRESS

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Depp guests on 48 Hours Mystery

Johnny Depp will appear on CBS's 48 Hours Mystery on Saturday to advocate the release of the "West Memphis Three," young men convicted in 1994 of murdering three boys during a satanic ritual. **POPEATER.CA**

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Crazies 'over the top'

Star says new film is more love story than zombie flick

CHRIS ALEXANDER
for Metro Canada

Though marketed as a zombie film, Breck Eisner's remake of George A. Romero's post-Night of the Living Dead thriller *The Crazies* is really a kind of love story. Or at least that's what co-star Radha Mitchell thinks.

The lovely, lithe Australian actress is no stranger to horror films, having starred in 2006's cult surrealist shocker *Silent Hill*.

But with *The Crazies*, it was the human element that persuaded her to sign on.

"I was in Calcutta when I got the script," says Mitchell, whose credits include Woody Allen's *Melinda and Melinda* and Jonathan Mostow's *Surrogates*.

"I wasn't sure about doing another horror film but it was the central drama, of this relationship between a husband and the love he has for his wife that appealed to me."

The Crazies charts the 48 hours following the outbreak of a stray biochemical weapon nicknamed "Trixie," a virus that snakes its way into a small town's water supply, turning all of its victims into red faced homicidal lunatics who murder anything with a heart-beat. Sheriff Timothy Olyphant (HBO's *Deadwood*) is one of the lucky uninfected, corralled by the government for relocation. His wife, Mitchell is not so lucky. His frantic search to find her is the story's main thrust.

"My character is tough," says the actress.

"To find a strong female role in this genre is so rare."

Though the film favours drama over gore, the look of the infected victims, or "the crazies" is suitably disgusting: Their skin is mottled, eyes blown out and pulsing veins protrude everywhere. Romero himself (who is credited as executive producer here) recently told Metro that making *Tri-*



The Crazies opens in theatres on Friday

Actress Radha Mitchell says it was the human element of her newest movie *The Crazies* that persuaded her to sign on.

ie's victims appear like rotting zombies (they're not) was an odd, potentially misleading choice, but Mitchell disagrees.

"The whole point of the movie is the juxtaposition between the horror and the humanity," she says. "Breck wanted the crazies to be completely over

the top, to make them terrifying. It's a theatrical device and it makes the heroes dangerous situation seem that much more intense."

"blood.claa is a funny, powerful, moving story..."

Vancouver Sun

That's their viewpoint. What's yours?

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DT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
204/10	265 353 2	TVO Meerkat Manor	Meerkat Manor	The Agenda With Steve Paikin	The Fixer (Part 2 of 6)	Human Edge	Agenda-Paikin			
	211 331 3	GTV Entertainment	ET Canada	Bones	Kitchen Nightmares	The Deep End (N)	News Hour			
	- - 5	SRC Virginie (SC)	L'Épicerie	Le Moment de vérité (SC)	Mirador (HDTV) (N) (SC)	Le Téléjournal Nouvelles (SC)	Vancouver			
	209 342 6	CHRO TMZ (N)	Access H.	American Idol The top 12 male semifinalists perform.	CSI: NY "Epilogue"	Comedy Now				
	196 311 7	CTV (6:30) XXI Winter Olympics Hockey, Short Track Speed Skating, Bobsledding, Freestyle Skiing, Medal Ceremonies (Live)								
	208 303 8	CBC Wheel Fortune	Jeopardy! (N)	Dragons' Den	Republic of Doyle (DVS)	CBC News: The National	The Hour			
	- 360 9	NBC Wheel Fortune	Jeopardy! (N)	XXI Winter Olympics Freestyle Skiing, Bobsled, Speed Skating, Skiing (HDTV) (Live)						
	117 713 10	TVA Poule-œufs or	Las Gags (SC)	Destinées (HDTV) (N) (SC)	Dr. House (HDTV) (SC)	TVA nouvelles (10:45) Denis Lévesque				
	- - 11	QS (6:30) Jeux olympiques d'hiver: Vancouver 2010 Le hockey masculin: 1/4 finales. Le hockey masculin: 1/4 finales. (En direct)								
	137 763 12	TFO Panorama	L'empire du mot	Le Lion noir (2007, Drame)		Villages	Expression			
	- 362 13	CBS The Insider (N)	Judge Brown	Old Christine	Gary Unnarr	Criminal Minds (HDTV)	Two/Half Men			
	216 395 14	OMN2 Family Guy	XXI Winter Olympics Hockey (Live)							
	214 344 15	CITY Law & Order: Special Victims	How I Met	How I Met	Modern Family	Modern Family	Cougar Town	Cougar Town		
	115 343 16	CFMT Two/Half Men	XXI Winter Olympics Hockey (Live)							
	218 345 18	CHCH Bailey's Billions (2005, Comedy) Dean Cain, Laurie Holden.			What Katy Did (1999, Comedy-Drama) Alison Pill.					
	- 361 20	ABC Action News	Entertainment	Modern Family	The Middle	Cougar Town	Cougar Town			
	512 396 24	CPAC (6:30) Jeux olympiques d'hiver: Vancouver 2010 Le hockey masculin: 1/4 finales. Le hockey masculin: 1/4 finales. (En direct)								
	561 355 25	CTCS Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today	This Is Day	John Hagee			
	- 365 36	FOX TMZ (N)	Seinfeld	American Idol The top 12 male semifinalists perform.	FOX 2 News (N)					
	- - 64	PBS Business Rpt.	Steves Europe	Faces of America	The National Parks: America's Best Idea (DVS)					
	205 312 104	CTV (6:30) XXI Winter Olympics Hockey, Short Track Speed Skating, Bobsledding, Freestyle Skiing, Medal Ceremonies (Live)								
	502 390 26	NW Connect with Mark Kelley (N)								
	500 500 33	CNN Situation Room-Wolf Blitzer	Campbell Brown (N)							
	406 417 27	net (6) XXI Winter Olympics Cross Country Skiing, Bobsled, Curling, Speed Skating (HDTV) (Live)								
	126 730 28	RDI 24 Heures en 60 minutes	Grands reportages (SC)							
	400 280 30	TSN (6) XXI Winter Olympics Curling, Short Track Speed Skating, Hockey, Skiing (HDTV) (Live)								
	410 403 52	SCR NBA Basketball Portland Trail Blazers at Toronto Raptors (Live)								
	411 457 56	OLN Ghost Hunters Academy	Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters Academy	Destin. Truth			
	417 406 59	SCN Pass Time	NASCAR Hub	Dangerous Drives (HDTV) (N)	Pass Time (N)	Wrecked	Pass Time			
	554 544 48	TEL Scooby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	Futurama	Robot Chicken		
	557 540 51	FAM Sonny Chance	Suite Life	Overruled!	Han. Montana	Latest Buzz	Ned's School	Cory in House		
	551 542 65	YTV Fries That?	Prank Patrol	The Next Star	Fries That?	Prank Patrol	Family Biz	To Be Indie		
	570 580 29	MTV The Daily Fix	Ranked!		mmtop10.ca	G. Simmons	G. Simmons	Gene Simmons		
	516 520 31	A&E Criminal Minds "Poison"	Dog the Bounty Hunter	Dog the Bounty Hunter	Dog the Bounty Hunter	Bounty Hunter	Bounty Hunter	Steven Seagal		
	628 584 32	SPKE Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Blue Mountain		
	521 560 34	TLC Half-Ton Mom (HDTV)	Half-Ton Mom (HDTV)	Half-Ton Teen (HDTV)	Confessions of a Reality	A Table	Mixeur	TV5 Le Journal		
	145 761 35	TV5 Verdict								
	616 521 39	SHO Relic Hunter								
	620 523 40	BVO Death at-Opera	Bravo/Videos							
	520 505 42	DIS Daily Planet (N)								
	575 583 43	CMT Amer. Funniest Home Videos	Reba	Reba	According-Jim	Home Improve.	Home Improve.	ET Canada		
	601 562 45	SLC Rich Bride Poor Bride	End of Leash	End of Leash	End/Leash	End of Leash	End of Leash	ET Canada		
	625 548 46	COM Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain		
	594 529 47	TBS Family Guy	Family Guy	College Basketball Arkansas at LSU (Live)				Seinfeld		
	600 564 49	H&G House Hunters	Property Virgin	Agent-Agent	Real Estate	Property Virgin	Unsellables	House Hunters		
	627 528 50	SBC Stargate Atlantis	(DVS)	Star Trek: Voyager		Smallville "Kandor"		Supernatural		
	581 566 53	MTV Canada's Next Top Model		Canada's Next Top Model		The Real World		The Real World (N)		
	618 524 54	TROP Rescue Ink		Hoards		Parking Wars		Parking Wars		
	522 506 55	HS Ice Pilots NWT (HDTV)		Nostradamus Effect (HDTV) (N)		Ice Road Truckers		Ice Pilots NWT (HDTV)		
	129 773 60	CH Biographies (HDTV)		Le Convol de l'extrême (SC)		Destr Expr		Histoires de crimes (HDTV)		
	261 394 61	V Murder, She Wrote		No Place Like	Open All Hours	Doc Martin (N)		Unscripted		
	602 567 62	W Supernanny		Chef Worthy	Grocery Bag	The Restaurant		A Family of Strangers (1993, Docudrama)		
	269 500 70	APTN Jeux	XXI Winter Olympics Hockey (Live)					The Time Traveler		
	621 527 71	TLK Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		
	603 561 95	FN Ricardo	Fresh-Anna	Challenge		Iron Chef America		Chopped "Winging It"		

critics'corner

Republic of Doyle

Let's hope they only charge her for the one. A young woman hires Jake and Malachy (Alan Hawco, Sean McGinley) to track down her biological father, whom she's never known, but in the process of solving that case, they crack two others. Off the job, Jake's efforts to extract himself from Nikki (Rachel Wilson) are complicated by Leslie (Krystin Pellerin) in "The Return of the Grievous Angel." 9 PM on 8 CBC



Modern Family

When Claire (Julie Bowen) finds a dirty picture on the computer and assumes it is Luke's (Nolan Gould) doing, guilty Phil (Ty Burrell) does not correct her. Jay and Gloria (Ed O'Neill, Sofia Vergara) disagree over his beloved life-size dog butler statue, Cameron (Eric Stonestreet) involves himself in the gardener's (guest star Eddie Diaz) woes in "Not in My House." 9 PM on 20 ABC 15 CITY

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Wednesday, February 24, 2010

26 entertainment

Outstanding everyone in the room (she's nearly six feet tall)
Naomi Campbell, 39, was given the Outstanding Contribution award at Tuesday's Elle Style Awards in recognition of her 25-year career. **METRO NEWS SERVICES**

Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's



Three Talk
with Lainey Lui

ROBERTO LUONGO. Vancouver goaltender Roberto Luongo is now charged with guarding the home side as Team Canada faces a difficult road to hockey gold. He is playing on familiar ice at GM Place and he makes a point of starting every game at home if he's healthy because he feels he owes it to the home fans. It's his rink, it's his town, and he says he's ready for the challenge. Here are three things you might not know about Roberto Luongo:

ONE Luongo replaces Martin Brodeur in net. Both grew up in St Leonard, Que., a suburb just outside Montreal, where both have arenas named after them.

TWO Luongo's first boss was his dad. He worked in the family shoe store selling shoes as a teenager before devoting most of his free time to hockey practice.

THREE He listens to U2, his favourite band, to get hyped up before games.



Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

etalk

Farrah's final curtain call

HOPEFULLY SOMEONE WILL BE WATCHING IT Redmond O'Neal's battle with drug addiction may be featured in a new documentary about his late mother Farrah Fawcett, femalefirst.co.uk reports.

In the letter Ryan has written outlining his plans for the show he says, "We plan to focus on three main areas of her legacy: her art (namely her films and her sculptures); her inspirational battle with cancer; and the light of her life,

our son Redmond, who is now fighting to reclaim himself in honour of his mother."

In his letter — obtained by website RadarOnline.com — Ryan also said the documentary will include Fawcett's voice from "an original, never-aired 2005 interview with never-before-seen footage from our private collection of home movies."

Ryan and Redmond were arrested together on drugs charges in 2008 after the drug Crystal Meth was found at Ryan's home.

METRO NEWS SERVICES

A Canadian pops up in Paris

AND THEN GETS MOBBED. WELL, WE ARE PRETTY AWESOME Teen pop sensation Justin Bieber had to cut an in-store appearance in Paris short after the event descended into chaos, according to PopCrunch.

Bieber was told by police that they could not control the thousands of screaming fans who showed up.

"They reorganized the crowd and we got it going

but after a little while the police stopped it and came in and said it was over and I had to leave," the 15-year-old singer posted on his Twitter account.

"Sorry to any of the kids I didn't get to meet."

METRO WORLD NEWS

Feel his poetic urge coming

EWWW! NO, PUT IT AWAY! Mel Gibson had quite a hand in girlfriend Oksana Grigorieva's new album, having written lyrics for two of the songs.

"I always felt the poetic urge coming, so I've been providing

ing lyrics and stuff for a few of her songs," Gibson tells Extra.

"I've been writing poetry and stuff since I was a teenager. Didn't want to admit that to my friends."

In exchange, Grigorieva says Gibson is letting her score his next film.

METRO WORLD NEWS

And Janet makes 5

LA TOYA WAS ON A SÉANCE Janet Jackson has reportedly agreed to join brothers Tito, Jermaine, Marlon and Jackie for a Jackson 5 reunion tour later this year that was originally supposed to feature Michael Jackson.

"Janet will be joining us. We're all talking about it now," Jer-

maine told Australian reporters, according to Hollyscoop.

"She has never played with us before, so that will be very special. She definitely wants to do it. We had a conference call and Janet has agreed to join us on tour."

Jermaine also said the group will likely use some of the sets built for Michael's This Is It shows in London.

METRO WORLD NEWS

Where it's at ... I got two cartons of smokes

AND A SHOT OF B12 Lindsay Lohan knows how to handle jet lag.

The actress hurried back from London to host a party in Atlantic City and reportedly wanted to make sure the time change didn't affect her.

"She said she was suffering from jet lag and requested that a

doctor be on call to administer B12 shots if needed," a source tells Page Six.

"Her other demand was two cartons of cigarettes."

Lohan then relaxed in a private cabana with her mother and friends, where she criticized the DJ, saying "a certain ex-girlfriend" could do better — a reference to ex Samantha Ronson.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

ANDY DICK wants to share, **NICOLE "SNOOKI" POLIZZI** is easily starstruck, **BOW WOW** asks the tough questions, and **KIRSTIE ALLEY** likes criticizing herself.



@andydick i'm gonna start streaming live again...if my lawyers let me.
@Snooki Bahaha just got a personal video from mr. belding from saved by the bell
@BowWow How many women wish they woke up rolled over and there i was in your bed?
@kirstiealley I love calling myself an idiot... I know my IQ.... Doesn't have any connection to my abilities... Just my inabilities

METRO NEWS SERVICES



Measuring up

TO HIS 'MEASURING STICK' Katy Perry admits that fiancé Russell Brand's history as a "ladies' man" can be a bit daunting.

"Can you imagine the kind of responsibility I have with his reputation?" she says, according to Showbiz Spy.

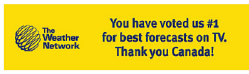
"I'm bedridden most of the week."

But the singer insists she's happy to let the British comedian lead.

"He's the boss; he calls the shots. I like that. I've been waiting for someone I couldn't steamroll."

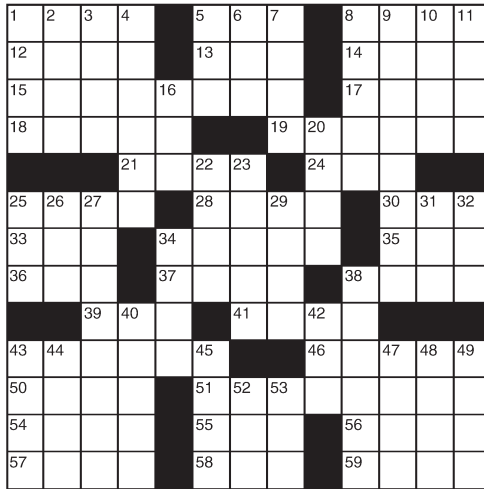
METRO WORLD NEWS





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Not pizzicato
- 5 Matterhorn, for one
- 8 Additionally
- 12 Fish's breather
- 13 Greet the villain
- 14 Burden
- 15 Nut
- 17 Division word
- 18 Omega's opposite
- 19 Scanty
- 21 — and crafts
- 24 Donkey
- 25 Nuisance
- 28 Min. fractions
- 30 Venusian vessel?
- 33 Ostrich's cousin
- 34 Utterly defeated
- 35 Debtor's letters
- 36 Tire pressure meas.
- 37 Tennessee emblem
- 38 Undo a dele
- 39 AAA job

- 41 Church recess
- 43 Frenzied
- 46 Plankton, in part
- 50 Mormon State
- 51 Recklessly
- 54 Erato is one
- 55 Piercing tool
- 56 Sicilian spouter
- 57 Fishing site
- 58 Golf ball holder
- 59 Crucifix

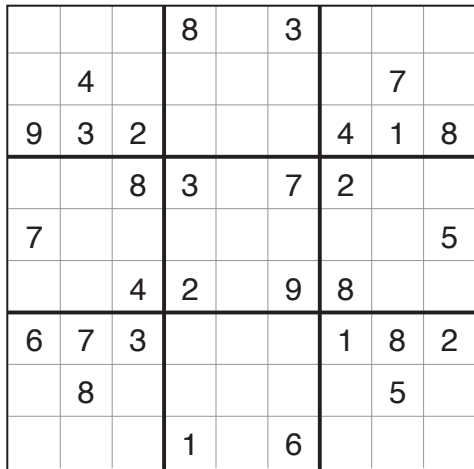
DOWN

- 1 Turkish title
- 2 Money of Cambodia
- 3 Applaud
- 4 Trite
- 5 Lawyers' org.
- 6 Part of UCLA
- 7 Verse
- 8 Assumed name
- 9 Forte
- 10 Fill till full
- 11 Smell
- 16 Jam ingredient?
- 20 Right on the map?

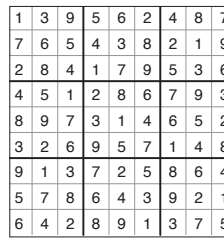
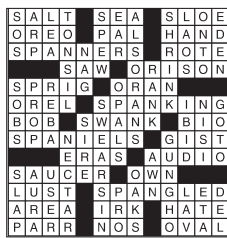
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

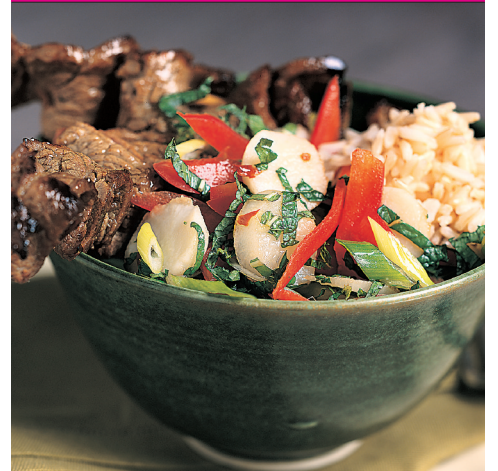


On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Asian BBQ Beef

INGREDIENTS:

- 1 flank steak, trimmed
- 1/2 cup orange juice
- 2 tbsp soy sauce
- 2 tsp sesame oil
- 1 tbsp plus 1 tsp light brown sugar
- 1 tsp ground ginger
- 1/4 tsp red pepper flakes
- 1 red pepper, slivered
- 2 scallions, thinly sliced
- 2 tbsp chopped fresh mint
- 1/2 tsp salt
- 227 mL can sliced water chestnuts, drained
- 1 cup brown rice

METHOD:

1. Thinly slice flank steak across grain for 8 thin slices.
2. Combine 1/4 cup orange juice, soy sauce, sesame oil, 1 tbsp brown sugar, ginger and 1/8 tsp red pepper flakes in shallow bowl. Add beef slices, tossing to coat. Cover and refrigerate 1 hour.

3. Combine red pepper, scallions, mint and salt with remaining orange juice, 1 tsp brown sugar, and 1/8 tsp red pepper flakes. Add chestnuts, toss, and refrigerate until serving time.
4. Cook brown rice. Fluff with fork.
5. Preheat broiler. Lift meat from marinade and thread onto eight skewers. Place skewers on broiler pan and broil 4 in. (10 cm) from heat, brushing with marinade after 2 minutes. Turn skewers and broil 2 minutes. Serve skewers on rice with water chestnut salad.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20



It may be easy to avoid an unpleasant scene, but is it wise? Sooner or later you are going to have to deal with this situation, so why not deal with it now?

LIBRA SEPT 23-OCT 23



Little things can seem so important but, of course, in the greater scheme of things they are of no real significance.

TAURUS APRIL 21-MAY 21



The Sun is moving through the area of the heavens that governs friendships, group activities and what you truly believe.

SCORPIO OCT 24-NOV 22



Scorpio is a Water sign, which means that you tend to listen more to your heart than your head.

GEMINI MAY 22-JUNE 21



Promises made in the heat of the night have a way of falling apart, so make sure you can deliver before you promise a loved one the world.

SAGITTARIUS NOV 23-DEC 21



Although loved ones may be more emotional than is good for them at the moment, you will only make matters worse if you yell at them.

CANCER JUNE 22-JULY 22



The Sun in Pisces makes you eager for new experiences but that eagerness could be your undoing.

CAPRICORN DEC 22-JAN 20



You may have more energy than most people but not even you can keep up this red-hot pace forever.

LEO JULY 23-AUG 23



You have a knack for being in the right place at the right time and at some point today you will benefit from another individual's loss.

AQUARIUS JAN 21-FEB 18



An arrangement of some kind is not working out the way you expected and the \$64,000 question is: what are you going to do about it?

VIRGO AUG 24-SEPT 22



It does not matter that you have a pile of work to get through, you must make time for loved ones today.

PISCES FEB 19-MARCH 20



With the Sun moving through your birth sign it is only natural that you should be a bit full of yourself at the moment, but don't let it go too far.

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